

Executive Dysfunction Test

Name: _____ Age: _____

Date: _____

This Executive Dysfunction Test is designed to help mental health professionals assess potential difficulties in executive functions, such as planning, organization, problem-solving, and impulse control. Respond to each statement based on how frequently you experience or agree with it.

1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Strongly Agree.

Statements	1	2	3	4	5
I find it difficult to organize my tasks and activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I struggle to start tasks, even when they are important.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble keeping track of multiple tasks at once.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often act impulsively without thinking about the consequences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it challenging to maintain focus on tasks for an extended period.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty following through on plans or instructions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often forget details of tasks or instructions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble prioritizing tasks, leading to poor time management.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I frequently switch from one task to another without completing the first.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty controlling my emotions or reactions in certain situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total:					

Interpretation of Results

The total score can provide an indication of the severity of executive dysfunction. Higher scores suggest more significant difficulties with executive functions. It is important to discuss these results with a mental health professional to understand their implications and explore potential interventions.

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.