

# Pathological Demand Avoidance Test

Date:

Patient's Name:

Date of Birth:

Age:

Gender:

## Instructions and Reminders:

- Please answer the questions thinking about the patient's behavior during the last six months.
- Please read each item carefully and fill in the answer that best applies. There are no right or wrong answers.
- If the patient is a child, the questionnaire should be completed by a parent, carer, or teacher who has had frequent contact with the child for the past six months.

	Not true	Somewhat True	Mostly True	Very True
1. Obsessively resists and avoids ordinary demands and requests.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Complains about illness or physical incapacity when avoiding a request or demand.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is driven by the need to be in charge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Finds everyday pressures (e.g. having to go on a school trip/ visit dentist) intolerably stressful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Tells other children how they should behave, but does not feel these rules apply to him/herself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Mimics adult mannerisms and styles (e.g. uses phrases adopted from teacher/parent to tell other children off).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Has difficulty complying with demands unless they are carefully presented.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Takes on roles or characters (from TV/real life) and 'acts them out'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Shows little shame or embarrassment (e.g. might throw a tantrum in public and not be embarrassed).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Invents fantasy worlds or games and acts them out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Good at getting round others and making them do as s/he wants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Seems unaware of the differences between him/herself and authority figures (e.g. parents, teachers, police).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. If pressurised to do something, s/he may have a 'meltdown' (e.g. scream, tantrum, hit or kick).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Likes to be told s/he has done a good job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Mood changes very rapidly (e.g. switches from affectionate to angry in an instant).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Knows what to do or say to upset specific people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Blames or targets a particular person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18. Denies behaviour s/he has committed, even when caught red handed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Seems as if s/he is distracted 'from within'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Makes an effort to maintain his/her reputation with peers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Uses outrageous or shocking behaviour to get out of doing something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Has bouts of extreme emotional responses to small events (e.g. crying/giggling, becoming furious).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Social interaction has to be on his or her own terms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Prefers to interact with others in an adopted role, or communicate through props/toys.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Attempts to negotiate better terms with adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. S/he was passive and difficult to engage as an infant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Generating Scores

Questions 1–26 (apart from questions 14 and 20):

- Not true = 0
- Somewhat true = 1
- Mostly true = 2
- Very true = 3

Questions 14 & 20:

- Not true = 3
- Somewhat true = 2
- Mostly true = 1
- Very true = 0

**Patient's Score:** \_\_\_\_\_

## Interpretation Guide

- Age 5 - 11 years: If the patient obtains a total score of 50 or more, they are at high risk of showing features of Extreme Demand Avoidance.
- Age 12 - 17 years: If the patient obtains a total score of 45 or more, they are at high risk of showing features of Extreme Demand Avoidance.

## Additional Notes:

## Source:

O'Nions, E.J., Christie, P., Gould, J., Viding, E., & Happé, F. (2014). Development of the 'Extreme Demand Avoidance Questionnaire' (EDA-Q): preliminary observations on a trait measure for Pathological Demand Avoidance. *Journal of child psychology and psychiatry, and allied disciplines*, 55(7), 758-68 .