

Pathological Demand Avoidance Test

Patient's name: _____

Age: _____ Gender: _____ Date: _____

Examiner: _____

This test is based on the Extreme Demand Avoidance Questionnaire (EDA-Q).

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.

Statements	Not true	Somewhat true	Mostly true	Very true
1. Obsessively resists and avoid ordinary demands and requests				
2. Complains about illness or physical incapacity when avoiding a request or demand.				
3. Is driven by the need to be in charge.				
4. Finds everyday pressures (e.g., having to go on a school trip/visit the dentist) intolerably stressful.				
5. Tells other children how they should behave, but does not feel these rules apply to him/herself.				
6. Mimics adult mannerisms and styles (e.g., uses phrases adopted from teacher/parent to tell other children off).				
7. Has difficulty complying with demands unless they are carefully presented.				
8. Takes on roles or characters (from TV/real life) and 'acts them out'.				
9. Shows little shame or embarrassment (e.g., might throw a tantrum in public and not be embarrassed).				
10. Invents fantasy worlds or games and acts them out.				
11. Good at getting round others and making them do as s/he wants.				
12. Seems unaware of the differences between him/herself and authority figures (e.g., parents, teachers, police).				

Statements	Not true	Somewhat true	Mostly true	Very true
13. If pressurized to do something, s/he may have a 'meltdown' (e.g. scream, tantrum, hit or kick).				
14. Likes to be told s/he has done a good job.				
15. Mood changes very rapidly (e.g., switches from affectionate to angry in an instant).				
16. Knows what to do or say to upset specific people.				
17. Blames or targets a particular person.				
18. Denies behavior s/he has committed, even when caught red-handed.				
19. Seems as if s/he is distracted 'from within'.				
20. Makes an effort to maintain his/her reputation with peers.				
21. Uses outrageous or shocking behavior to get out of doing something.				
22. Has bouts of extreme emotional responses to small events (e.g., crying/giggling, becoming furious).				
23. Social interaction has to be on his/her own terms.				
24. Prefers to interact with others in an adopted role, or communicate through props/toys.				
25. Attempts to negotiate better terms with adults.				
26. S/he was passive and difficult to engage as an infant.				

Scoring and interpretation guide

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

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

Questions 14 & 20 are reverse scored

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

Score

Patient's score: _____

Interpretation

- **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.
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Additional notes: