

BDEFS-LF: Other-Report

Name of person to be rated: _____ Date: _____

Your name: _____

Your relationship to person being rated: (Circle one)

Mother Father Brother/sister Spouse/partner Friend Other (specify): _____

Instructions

You are being asked to describe the behavior of someone whom you know well. How often does that person experience each of these problems? Please circle the number next to each item that best describes their behavior **DURING THE PAST 6 MONTHS**. Please ignore the sections marked "Office Use Only."

Section 1 Items		Never or rarely	Some- times	Often	Very often
1.	Procrastinates or puts off doing things until the last minute	1	2	3	4
2.	Poor sense of time	1	2	3	4
3.	Wastes or mismanages his/her time	1	2	3	4
4.	Not prepared on time for work or assigned tasks	1	2	3	4
5.	Fails to meet deadlines for assignments	1	2	3	4
6.	Has trouble planning ahead or preparing for upcoming events	1	2	3	4
7.	Forgets to do things he/she is supposed to do	1	2	3	4
8.	Can't seem to accomplish the goals he/she sets for self	1	2	3	4
9.	Late for work or scheduled appointments	1	2	3	4
10.	Can't seem to hold in mind things he/she needs to remember to do	1	2	3	4
11.	Can't seem to get things done unless there is an immediate deadline	1	2	3	4
12.	Has difficulty judging how much time it will take to do something or get somewhere	1	2	3	4
13.	Has trouble motivating self to start work	1	2	3	4
14.	Has difficulty motivating self to stick with his/her work and get it done	1	2	3	4
15.	Not motivated to prepare in advance for things he/she knows he/she is supposed to do	1	2	3	4
16.	Has trouble completing one activity before starting into a new one	1	2	3	4
17.	Has trouble doing what he/she tells self to do	1	2	3	4
18.	Difficulties following through on promises or commitments he/she may make to others	1	2	3	4
19.	Lacks self-discipline	1	2	3	4

(cont.)

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20. Has difficulty arranging or doing his/her work by its priority or importance; can't "prioritize" well	1	2	3	4
21. Finds it hard to get started or get going on things he/she needs to get done	1	2	3	4
Office Use Only—Section 1 Total Score _____				
Section 2 Items	Never or rarely	Some-times	Often	Very often
22. Does not seem to anticipate the future as much or as well as others	1	2	3	4
23. Can't seem to remember what he/she previously heard or read about	1	2	3	4
24. Has trouble organizing his/her thoughts	1	2	3	4
25. When he/she is shown something complicated to do, he/she cannot keep the information in mind so as to imitate or do it correctly	1	2	3	4
26. Has trouble considering various options for doing things and weighing their consequences	1	2	3	4
27. Has difficulties saying what he/she wants to say	1	2	3	4
28. Unable to come up with or invent as many solutions to problems as others seem to do	1	2	3	4
29. Finds he/she is at a loss for words when he/she wants to explain something to others	1	2	3	4
30. Has trouble putting his/her thoughts down in writing as well or as quickly as others	1	2	3	4
31. Feels he/she is not as creative or inventive as others of his/her level of intelligence	1	2	3	4
32. In trying to accomplish goals or assignments, he/she finds that he/she is not able to think of as many ways of doing things as others	1	2	3	4
33. Has trouble learning new or complex activities as well as others	1	2	3	4
34. Has difficulty explaining things in their proper order or sequence	1	2	3	4
35. Can't seem to get to the point of his/her explanations as quickly as others	1	2	3	4
36. Has trouble doing things in their proper order or sequence	1	2	3	4
37. Unable to "think on his/her feet" or respond as effectively as others to unexpected events	1	2	3	4
38. Is slower than others at solving problems he/she encounters in his/her daily life	1	2	3	4
39. Easily distracted by irrelevant events or thoughts when he/she must concentrate on something	1	2	3	4
40. Not able to comprehend what he/she reads as well as he/she should be able to do; has to reread material to get its meaning	1	2	3	4

(cont.)

41. Cannot focus his/her attention on tasks or work as well as others	1	2	3	4
42. Easily confused	1	2	3	4
43. Can't seem to sustain his/her concentration on reading, paperwork, lectures, or work	1	2	3	4
44. Finds it hard to focus on what is important from what is not important when he/she does things	1	2	3	4
45. Doesn't seem to process information as quickly or as accurately as others	1	2	3	4
Office Use Only—Section 2 Total Score _____				
Section 3 Items	Never or rarely	Sometimes	Often	Very often
46. Finds it difficult to tolerate waiting; impatient	1	2	3	4
47. Makes decisions impulsively	1	2	3	4
48. Unable to inhibit his/her reactions or responses to events or others	1	2	3	4
49. Has difficulty stopping his/her activities or behavior when he/she should do so	1	2	3	4
50. Has difficulty changing his/her behavior when he/she is given feedback about mistakes	1	2	3	4
51. Makes impulsive comments to others	1	2	3	4
52. Likely to do things without considering the consequences for doing them	1	2	3	4
53. Changes his/her plans at the last minute on a whim or last minute impulse	1	2	3	4
54. Fails to consider past relevant events or past personal experiences before responding to situations (Acts without thinking)	1	2	3	4
55. Not aware of things he/she says or does	1	2	3	4
56. Has difficulty being objective about things that affect him/her	1	2	3	4
57. Finds it hard to take other people's perspectives about a problem or situation	1	2	3	4
58. Doesn't think about or talk things over with self before doing something	1	2	3	4
59. Trouble following the rules in a situation	1	2	3	4
60. More likely to drive a motor vehicle much faster than others (Excessive speeding)	1	2	3	4
61. Has a low tolerance for frustrating situations	1	2	3	4
62. Cannot inhibit his/her emotions as well as others	1	2	3	4
63. Doesn't look ahead and think about what the future outcomes will be before he/she does something (Doesn't use his/her foresight)	1	2	3	4
64. Engages in risk taking activities more than others are likely to do	1	2	3	4

(cont.)

Office Use Only—Section 3 Total Score _____					
Section 4 Items		Never or rarely	Some- times	Often	Very often
65.	Likely to take short cuts in his/her work and not do all that he/she is supposed to do	1	2	3	4
66.	Likely to skip out on work early if his/her work is boring to do	1	2	3	4
67.	Does not put as much effort into his/her work as he/she should or than others are able to do	1	2	3	4
68.	Others tell him/her that he/she is lazy or unmotivated	1	2	3	4
69.	Has to depend on others to help them get their work done	1	2	3	4
70.	Things must have an immediate payoff for him/her or he/she does not seem to get them done	1	2	3	4
71.	Has difficulty resisting the urge to do something fun or more interesting when he/she is supposed to be working	1	2	3	4
72.	Inconsistent in the quality or quantity of his/her work performance	1	2	3	4
73.	Unable to work as well as others without supervision or frequent instruction	1	2	3	4
74.	Does not have the willpower or determination that others seem to have	1	2	3	4
75.	Is not able to work toward longer term or delayed rewards as well as others	1	2	3	4
76.	Cannot resist doing things that produce immediate rewards, even if those things are not good for him/her in the long run	1	2	3	4
Office Use Only—Section 4 Total Score _____					
Section 5 Items		Never or rarely	Some- times	Often	Very often
77.	Quick to get angry or become upset	1	2	3	4
78.	Overreacts emotionally	1	2	3	4
79.	Easily excitable	1	2	3	4
80.	Unable to inhibit showing strong negative or positive emotions	1	2	3	4
81.	Has trouble calming self down once he/she is emotionally upset	1	2	3	4
82.	Cannot seem to regain emotional control and become more reasonable once he/she is emotional	1	2	3	4
83.	Cannot seem to distract self away from whatever is upsetting him/her emotionally to help calm self down. Can't refocus his/her mind to a more positive framework.	1	2	3	4
84.	Unable to manage his/her emotions in order to accomplish his/her goals successfully or get along well with others	1	2	3	4

(cont.)

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85. Remains emotional or upset longer than others	1	2	3	4
86. Finds it difficult to walk away from emotionally upsetting encounters with others or leave situations in which he/she has become very emotional	1	2	3	4
87. Cannot rechannel or redirect his/her emotions into more positive ways or outlets when he/she gets upset	1	2	3	4
88. Is not able to evaluate an emotionally upsetting event more objectively	1	2	3	4
89. Cannot redefine negative events into more positive viewpoints when he/she feels strong emotions	1	2	3	4
Office Use Only— Section 5 Total Score _____				
Office Use Only Total of Sections 1–5: Total EF Summary Score _____				
Office Use Only Count number of items answered 3 or 4 EF Symptom Count _____				
Office Use Only Add Items 1, 6, 14, 16, 24, 49, 50, 55, 60, 65, and 69 ADHD-EF Index Score _____				