

Women's AD/HD

Self-Assessment Symptom Inventory (SASI)

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(This scale is designed for use as part of a structured interview in conjunction with other diagnostic tools when evaluating women for AD/HD.)

Name _____ Age _____ Date _____

Occupation _____ Marital Status _____ No. of Marriages _____

Number of Children _____ Children Living at Home _____

Directions:

On the following pages you will find a list of symptoms. Rate each statement on a scale from 0 to 3 to indicate how much that feeling or behavior is part of your personal experience.

- 0 = not at all like me; almost never happens to me.
- 1 = a little like me; happens to me, but not often.
- 2 = a lot like me; happens to me often.
- 3 = just like me; happens to me almost all the time.

If an item does not pertain to you, leave that item blank.

When you encounter an item that pertains to you, but requires information you can't recall, or about which you have no knowledge, respond with a question mark (?).

If you have problems that are not listed, please write them in the area provided on the last page.

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CHILDHOOD AD/HD PATTERNS

Answer this group of questions retrospectively as you recall your childhood experiences.

Inattention

- _____ 1. I daydreamed in school.
- _____ 2. My mind wandered, even when I *tried* to listen to the teacher.
- _____ 3. In class, I didn't hear the teacher's instructions.
- _____ 4. I made careless mistakes on tests.
- _____ 5. I lost or misplaced things.
- _____ 6. I was teased for being "spacey."

Hyperactivity

- _____ 1. I "got in trouble" for talking in class.
- _____ 2. I was a tomboy.
- _____ 3. It was hard for me to sit still in class.
- _____ 4. I felt best when I was moving around, playing sports or dancing.
- _____ 5. It was difficult for me to fall asleep because thoughts were bouncing around in my head.
- _____ 6. I doodled or fidgeted when I had to sit still.
- _____ 7. My friends called me "hyper."
- _____ 8. When sitting, I tended to "tip" my chair or jiggle my legs.
- _____ 9. I was very talkative.

Impulsivity

- _____ 1. I interrupted others, even when I tried not to.
- _____ 2. When upset, I said things I didn't mean.
- _____ 3. I acted silly or "crazy" with my friends.
- _____ 4. I acted on the spur of the moment, never thinking of the consequences.

Productivity

- _____ 1. In school, I didn't finish seat work as quickly as the rest of the class.
- _____ 2. The demands of high school felt overwhelming to me.
- _____ 3. I did well in school, but had to work much harder than my classmates.
- _____ 4. I studied or did homework late into the night.

Initiation

- _____ 1. I had trouble getting started on my homework.
- _____ 2. It was hard for me to begin working on a project unless someone was there to keep me on track.
- _____ 3. I worked better with others than alone.

Follow-through/perseverance

- _____ 1. It was hard for me to complete long-term school projects.
- _____ 2. I dabbled in many hobbies or activities, but never really persevered in my efforts.
- _____ 3. Although I took music lessons, I rarely, or never, practiced.

Under-arousal

- _____ 1. I felt sleepy when sitting in class, but became energetic as soon as I stood up and moved.
- _____ 2. It was difficult to get up in the morning.
- _____ 3. I wasn't alert until late in the morning.
- _____ 4. I didn't seem to have as much energy as my friends.

Procrastination

- _____ 1. I got by doing everything at the last minute.
- _____ 2. I handed in my homework late, and sometimes didn't do it at all.
- _____ 3. The only way I could study for a test was to stay up very late the night before.

Motivation/underachievement

- _____ 1. I didn't do as well in school as I felt I should have.
- _____ 2. I got by on my intelligence, and didn't really try hard in school.
- _____ 3. My parents and teachers told me I could do better if I tried.
- _____ 4. I started each grading period with good intentions, but could never sustain them.

Organization

- _____ 1. My room looked like a "disaster" area.
- _____ 2. My backpack/bookbag/desk was messy.
- _____ 3. I had trouble being organized.
- _____ 4. I had trouble keeping track of assignments, long-term projects, and due dates.

Time management

- _____ 1. I arrived late for scheduled activities and appointments.
- _____ 2. I lost track of the time.
- _____ 3. I stayed up late, then had trouble getting up in the morning.

Motor control

- _____ 1. My handwriting was messy.
- _____ 2. I was physically awkward and did poorly in sports.
- _____ 3. I tended to bump into things—corners of tables, door frames, etc.

LEARNING ISSUES

Reading

- _____ 1. I was a slow reader.
- _____ 2. When reading, my mind wandered.
- _____ 3. Typically, after reading a textbook, I could not answer the questions at the end of the chapter.
- _____ 4. I needed to reread information to be sure that I understood it.
- _____ 5. I didn't read for pleasure.

Writing

- _____ 1. Writing assignments were difficult for me.
- _____ 2. I had lots of ideas, but couldn't organize them when writing a paper.
- _____ 3. I could verbally explain what I knew, but just couldn't get it down on paper.

Memory

- _____ 1. I had trouble remembering the directions for assignments.
- _____ 2. Even when I studied, I couldn't recall the information on a test.
- _____ 3. I was forgetful and absentminded.

SOCIAL/INTERPERSONAL ISSUES

Shyness/ social withdrawal

- _____ 1. I felt shy and self-conscious around my classmates and others.
- _____ 2. Even when I had something to say, I rarely raised my hand in class.
- _____ 3. I had only a few friends during school years.
- _____ 4. I didn't date, or rarely dated, in high school.

Interpersonal interactions

- _____ 1. Other girls called me "mean" or "bossy."
- _____ 2. I felt different from other girls.
- _____ 3. Other girls didn't like me, but I didn't understand why.
- _____ 4. It was hard for me to keep up with the conversation of a group of girls.
- _____ 5. I fought and argued with my friends.
- _____ 6. In conversation, I'd say something dumb, or couldn't think of anything to say.
- _____ 7. I was very sensitive to teasing.

PSYCHOLOGICAL ISSUES

Moodiness/anxiety

- _____ 1. I felt worried and anxious.
- _____ 2. I felt moody and depressed for no reason.
- _____ 3. I dreaded being called on by the teacher.
- _____ 4. I didn't like going to school.
- _____ 5. I became very anxious before tests.
- _____ 6. I was irritable as a teenager.
- _____ 7. I cried easily.

Feeling criticized/ misunderstood

- _____ 1. I wish my parents had understood how hard high school was for me.
- _____ 2. It felt as if my parents criticized me a lot.
- _____ 3. My mother and I were in conflict during my teen years.
- _____ 4. I was repeatedly humiliated or criticized by teachers or others in school.

Self-esteem

- _____ 1. I feel a sense of shame or regret as I look back on things I did in high school.
- _____ 2. I wasn't really good at anything.
- _____ 3. I didn't feel good about myself during my school years.

PROBLEMATIC BEHAVIORS

Impatience/low frustration tolerance/anger

- _____ 1. I was impatient and easily frustrated.
- _____ 2. Although I controlled myself at school, I had screaming arguments at home with my family.
- _____ 3. I quit a task if I encountered difficulty.
- _____ 4. I lost my temper when frustrated.

Risk-taking behavior

- _____ 1. I took risks when driving an automobile.
- _____ 2. I started smoking at a younger age than many of my friends.
- _____ 3. I was sexually active earlier than other girls.
- _____ 4. I drank and experimented with drugs in high school or earlier.
- _____ 5. I abused alcohol or other substances in high school or earlier.

Oppositional/defiant behavior

- _____ 1. I got into trouble as a teenager.
- _____ 2. I rebelled against my parents.
- _____ 3. My parents didn't like the kids I hung out with in high school.
- _____ 4. I skipped classes in high school.
- _____ 5. I fought with my parents over rules and curfews.
- _____ 6. My parents didn't approve of my boyfriend in high school.
- _____ 7. I was very argumentative.
- _____ 8. I couldn't take "no" for an answer.

Disordered eating patterns

- _____ 1. I ate compulsively as a child or teen.
- _____ 2. I developed a pattern of bulimia.
- _____ 3. I became overweight after puberty.
- _____ 4. I repeatedly "dieted" without success.
- _____ 5. I binged on certain foods until I felt stuffed, even sick.
- _____ 6. I tried to control what I ate or became anorexic.

ADULT AD/HD PATTERNS

Inattention

- _____ 1. I tend to overlook details.
- _____ 2. Forms are difficult for me to complete correctly without overlooking something.
- _____ 3. It is hard for me to listen for long periods of time—in a lecture, seminar, or training class, for example.
- _____ 4. My mind tends to wander when I'm reading, or listening to something that is not very interesting to me.

Distractibility

- _____ 1. I am easily sidetracked and wander from one task to the next as something catches my attention.

- _____ 2. I jump from topic to topic in conversation, forgetting what I started to say.
- _____ 3. I have difficulty concentrating when there is noise or conversation near me.
- _____ 4. It is very difficult for me to get back on task after an interruption.

Hyperfocus

- _____ 1. I "hyperfocus" for long periods on certain activities, oblivious to things going on around me.
- _____ 2. When engaging in certain activities, I completely lose track of time.
- _____ 3. When I'm really concentrating, I don't hear what people say to me.

Transitions

- _____ 1. It is difficult for me to stop one activity when it's time to shift to another.
- _____ 2. I can't tear myself away from an activity when I'm really engaged.

Hyperactivity

- _____ 1. I tend to fidget or doodle.
- _____ 2. I talk so fast that other people "can't get a word in."
- _____ 3. I hate to sit still for long periods, and find an excuse to move around.
- _____ 4. I seem to need less sleep than many other women.
- _____ 5. I have a high energy level.
- _____ 6. My activity level makes people around me uncomfortable.

Impulsivity

- _____ 1. I buy on impulse.
- _____ 2. I interrupt others in conversation, even when I try not to.
- _____ 3. I have impulsively jumped from one job to another.
- _____ 4. I have impulsively quit a job without considering the consequences.
- _____ 5. I have made major life decisions with little planning or forethought.
- _____ 6. I tend to "blurt out" whatever I'm thinking, though I may later regret it.

Productivity

- _____ 1. I just can't seem to keep up the number of activities and commitments that my friends seem to manage.

- _____ 2. I have felt overwhelmed by responsibilities at certain times in my life.
- _____ 3. It seems much harder for me than for others to take care of everyday tasks.
- _____ 4. Keeping up with job demands has been difficult for me.

Initiation

- _____ 1. Despite my best intentions, it is often hard for me to get started on a project.
- _____ 2. Getting started is much easier when I work with someone else.

Task completion and perseverance

- _____ 1. I tend not to finish the laundry—it's always "in progress."
- _____ 2. I have many unfinished projects that I intend to "get around to."
- _____ 3. I pick up and drop hobbies or interests.
- _____ 4. I don't meet most long-term goals I set for myself.

Decision-making

- _____ 1. I have difficulty deciding what to discard and what to keep.
- _____ 2. I have difficulty making selections in large department or grocery stores.
- _____ 3. Prioritizing is difficult for me—every thing seems equally important.
- _____ 4. Decision-making is easier if my choices are limited.
- _____ 5. I have missed out on opportunities because I couldn't make a decision.

Planning

- _____ 1. Meal planning is difficult for me.
- _____ 2. I rarely plan my day and typically react to events as they occur.
- _____ 3. When doing a project, I figure it out as I go along.
- _____ 4. I have difficulty planning ahead.
- _____ 5. I rarely engage in social activities that require advance planning.

Sensory Sensitivity

- _____ 1. Loud noises irritate me.
- _____ 2. I don't like to be in large crowds.
- _____ 3. Shopping centers and large "superstores" feel overwhelming to me.
- _____ 4. Fluorescent lighting tends to bother me.

Distractibility

- _____ 1. I am easily sidetracked, and wander from one task to the next as something catches my attention.
- _____ 2. I jump from topic to topic in conversation, forgetting what I started to say.
- _____ 3. I have difficulty concentrating when there is noise or conversation near me.
- _____ 4. It is very difficult for me to get back on task after an interruption.

Stimulation craving

- _____ 1. I am easily bored.
- _____ 2. I enjoy new projects and dislike routine activities.
- _____ 3. I have a wide range of interests and activities.
- _____ 4. I enjoy making changes in my life.
- _____ 5. I thrive on stimulation.

Under-arousal

- _____ 1. I am not fully awake and alert for several hours after I get up in the morning.
- _____ 2. Getting up in the morning is difficult for me.
- _____ 3. I use sugar and/or caffeine to keep myself going during the day.
- _____ 4. If my life circumstances allowed it, I would take a daily afternoon nap.
- _____ 5. On weekends, I sleep late or nap to catch up on my sleep.

Procrastination

- _____ 1. I procrastinate and resist doing tasks that are difficult or unappealing.
- _____ 2. I put off tasks until the last minute.

Motivation/ self-discipline

- _____ 1. I tend to do what I like before what I "ought."
- _____ 2. I tend not to stick with a goal or project that requires effort.
- _____ 3. Many things seem like "too much trouble" to me.

Organization

- _____ 1. My home is cluttered and messy.
- _____ 2. I keep things organized at work, but my personal life is in shambles.
- _____ 3. I try to get organized, but I never seem to accomplish my goal.

- _____ 4. I have difficulty organizing my thoughts when writing.
- _____ 5. I have difficulty managing my paper work—either at home or at work.

Time management

- _____ 1. I tend to run late and end up feeling frantic.
- _____ 2. I overcrowd my schedule and tend to overcommit.
- _____ 3. I run late because I try to squeeze in “one last thing.”
- _____ 4. I run late because I dawdle and lose track of time.
- _____ 5. I tend to underestimate how much time an activity will take.
- _____ 6. My lateness is a source of irritation to others.

DIFFICULTIES RELATED TO LEARNING DISABILITIES

- _____ 1. I was diagnosed with learning disabilities in the following area(s).
- _____ 2. I was tested for learning problems in school.

Reading

- _____ 1. I rarely read for pleasure.
- _____ 2. While reading, I can concentrate only if the material is very interesting to me.
- _____ 3. I have difficulty recalling information that I have read.
- _____ 4. I read slowly.
- _____ 5. I must reread text in order to fully comprehend it.

Writing

- _____ 1. Writing papers was my main area of difficulty in school.
- _____ 2. I have difficulty organizing my thoughts in writing, even when I am familiar with the subject.
- _____ 3. I am more comfortable explaining something verbally than in writing.
- _____ 4. My difficulty with writing has caused problems at work.
- _____ 5. Spelling is difficult for me.
- _____ 6. My punctuation and grammar are poor.

Memory

- _____ 1. I need to speak the moment I think of something in order not to forget my thought.
- _____ 2. I misplace personal belongings.
- _____ 3. I have difficulty recalling the names of people and common objects.
- _____ 4. I am absentminded.
- _____ 5. I have to write things down to remember them.
- _____ 6. I forget to do things I intend to do.
- _____ 7. I have difficulty remembering multistep-directions or multi-item lists.
- _____ 8. My recall is variable and unpredictable.

Motor control

- _____ 1. I have poor handwriting.
- _____ 2. The legibility of my handwriting is variable.
- _____ 3. I tend to bump into or trip over things.
- _____ 4. I have poor motor coordination.

DIFFICULTIES IN AREAS OF ADULT RESPONSIBILITY

Parenting

- _____ 1. My parenting is inconsistent.
- _____ 2. I can't develop routines for myself, much less establish them for my child(ren).
- _____ 3. I have difficulty controlling my temper toward my child(ren).

Workplace

- _____ 1. I have received unsatisfactory performance ratings at work.
- _____ 2. I have quit a job in order to avoid being fired.
- _____ 3. I have changed jobs many times, never finding the “right” job.

Life maintenance activities

- _____ 1. I don't keep up with housekeeping tasks in a regular, consistent manner.
- _____ 2. My home/office are filled with disorganized piles of papers.
- _____ 3. Laundry is done at the last possible moment.
- _____ 4. My wardrobe is disorganized and in disarray.
- _____ 5. I typically neglect making routine medical and/or dental appointments.

- _____ 6. I neglect to take care of routine automobile maintenance.
- _____ 7. I wait until my car is nearly out of gas before filling the tank.
- _____ 8. My life is filled with numerous, avoidable crises.

Financial management

- _____ 1. I have difficulty managing my money.
- _____ 2. I have a large credit card debt.
- _____ 3. I have difficulty balancing my check book.
- _____ 4. I tend to file my tax forms late.
- _____ 5. My financial record-keeping is chaotic.
- _____ 6. Some years, I have not filed my income tax return.
- _____ 7. I have a poor credit rating.
- _____ 8. I never know how much money I have in the bank.
- _____ 9. My bank account is overdrawn.

PSYCHOLOGICAL ISSUES

I have been diagnosed and treated for:

- _____ Depression
- _____ Anxiety/panic disorder
- _____ Bipolar disorder
- _____ Post-traumatic stress disorder
- _____ Obsessive-compulsive disorder

Self-esteem

- _____ 1. I try to hide many aspects of my life, fearing that I'll be judged negatively.
- _____ 2. People think too highly of me, and I fear that I'll be "found out."
- _____ 3. I feel "stupid" because I can't accomplish things that others can.

Moodiness/anxiety

- _____ 1. I have felt demoralized by my failures.
- _____ 2. I have felt depressed for "no reason."
- _____ 3. I am anxious for no reason.
- _____ 4. I worry a lot a lot.
- _____ 5. I have fears and phobias.
- _____ 6. I tend to be irritable and overreact to frustration.
- _____ 7. My moods vary from day to day.
- _____ 8. I suffer from panic attacks.
- _____ 9. My moodiness or depression is worse during winter months.

Obsessive/compulsive tendencies

- _____ 1. I have perfectionist tendencies.
- _____ 2. Even in unimportant tasks, I feel compelled to do a perfect job.
- _____ 3. My perfectionism prevents me from completing tasks in a timely manner.
- _____ 4. In my efforts to do a good job, I seem to make things more complicated than they need to be.
- _____ 5. There have been periods when I've become obsessed by a particular thought or concern.

Social/interpersonal issues

- _____ 1. My lateness and disorganization have caused problems in relationships.
- _____ 2. I am separated and/or divorced.
- _____ 3. I have been married more than once.
- _____ 4. I can't seem to maintain friendships over the long term.
- _____ 5. I tend to keep to myself.
- _____ 6. I withdraw from other women for fear they will judge me.
- _____ 7. I have always felt "different" from other women.
- _____ 8. I misread people.
- _____ 9. I am not a good listener and interrupt or think about other things while someone is talking.

Frustration tolerance

- _____ 1. I hate to wait.
- _____ 2. I become frustrated or angry in traffic.
- _____ 3. I lose my temper if my children are noisy or argumentative.
- _____ 4. I quit tasks out of frustration.

Underachievement

- _____ 1. I should have done better in school.
- _____ 2. I have not achieved up to my potential in my career.
- _____ 3. I haven't reached the life goals I set for myself.
- _____ 4. I feel disappointed in my achievements.

Feeling criticized/misunderstood

- _____ 1. I am sensitive to criticism.
- _____ 2. I feel that I am viewed negatively.
- _____ 3. The people close to me don't understand my struggles to manage my life.

OTHER DIFFICULTIES

Hormonal issues

- _____ 1. I have PMS symptoms, including moodiness, irritability, and low frustration tolerance.
- _____ 2. My PMS symptoms have become worse over the years.
- _____ 3. My AD/HD symptoms decreased during pregnancy.
- _____ 4. Right before my period, my AD/HD symptoms become worse.
- _____ 5. I did well in elementary school, but started having difficulty after puberty.

Sleep problems

- _____ 1. I am a "night owl" and don't go to sleep at a reasonable hour.
- _____ 2. I have difficulty falling asleep because my mind is racing.
- _____ 3. If I could sleep on my schedule, I'd sleep from about 3 AM to 11 AM.

Fibromyalgia

- _____ 1. I have been diagnosed with fibromyalgia.
- _____ 2. I have chronic muscle and/or joint pain.

Substance abuse/addictions

- _____ 1. I have a history of substance abuse.
- _____ 2. I have abused alcohol.
- _____ 3. I smoke cigarettes and have been unable to quit.
- _____ 4. I compulsively shop or spend money.

Problem eating patterns

- _____ 1. I eat to calm myself.
- _____ 2. I tend to overeat at mealtimes.
- _____ 3. I binge on a certain food and can't stop once I've started.
- _____ 4. I forget to eat or skip meals.
- _____ 5. I have had an eating disorder.
- _____ 6. I have abused laxatives to lose weight.

Patterns of "self-medication"

- _____ 1. I keep myself going throughout the day with coffee, tea, sodas and sugar.
- _____ 2. I have used cigarettes to improve my concentration.
- _____ 3. I have regularly used marijuana, alcohol and/or other substances to calm myself.

Abuse/trauma

- _____ 1. I was repeatedly humiliated or psychologically abused in the classroom setting.
- _____ 2. I have been in an abusive relationship as an adult.
- _____ 3. I have been physically, sexually, or emotionally abused.
- _____ 4. Events that are not particularly traumatic for others trigger intense and repetitive anxiety reactions in me.
- _____ 5. I have nightmares, flashbacks, and/or extreme anxiety as a result of traumatic event(s) in my past.

List any other problems you might have here.