Executive Dysfunction Test

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

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.

I find it difficult to organize my tasks and activities.

○ ○ ○ ○ ○
1 2 3 4 5

I struggle to start tasks, even when they are important.

○ ○ ○ ○ ○
1 2 3 4 5

I have trouble keeping track of multiple tasks at once.

○ ○ ○ ○ ○
1 2 3 4 5

I often act impulsively without thinking about the consequences.

○ ○ ○ ○ ○
1 2 3 4 5

I find it challenging to maintain focus on tasks for an extended period.

○ ○ ○ ○ ○
1 2 3 4 5

I have difficulty following through on plans or instructions.

○ ○ ○ ○ ○
1 2 3 4 5

I often forget details of tasks or instructions.

○ ○ ○ ○ ○
1 2 3 4 5

I have trouble prioritizing tasks, leading to poor time management.

○ ○ ○ ○ ○
1 2 3 4 5

I frequently switch from one task to another without completing the first.

○ ○ ○ ○ ○
1 2 3 4 5

I have difficulty controlling my emotions or reactions in certain situations.

○ ○ ○ ○ ○
1 2 3 4 5

Total Score: _____

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:

Healthcare Professional's Additional Notes and Recommendations: