

Executive Dysfunction Test

Executive Dysfunction Test

Name:

Age:

Date:

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: