

Neurofeedback Assessment Questionnaire

Today's Date: ___ / ___ / ___

Name: _____

Date of Birth: ___ / ___ / ___

Age: _____

Sex: M F

Handedness: R L

Check the box of anything that you are experiencing significant problems with.

Attention		
Underarousal Symptoms:	Instability Symptoms:	Overarousal Symptoms:
Inattention Daydreaming Poor sustained attention Poor concentration Lack of motivation Spaciness	ADHD Hyperactivity after sugar Hyperactivity after sedatives Overwhelmed by stimuli Difficulty making decisions Mental disorganization	Impulsivity Distractibility Stimulus seeking Thrill seeking Excessive thoughts Conflicting thoughts

Sleep		
Underarousal Symptoms:	Instability Symptoms:	Overarousal Symptoms:
Difficulty falling asleep (with quiet mind) Night sweats Frequent waking (without agitation) Sleeping lightly Sleeping too much Not rested after sleep Waking early	Night terrors Jerking/moving in sleep Sleepwalking Sleep talking Neglecting sleep Night sweats Sleep paralysis when awakening Alternative insomnia and hypersomnia	Difficulty falling asleep (busy mind) Hot flashes during sleep Physically restless sleep Teeth grinding in sleep Nightmares Excessive vivid dreams Restless leg syndrome Clenching jaw Waking with agitation

Emotional and Behavioral

Underarousal Symptoms:

Anxiety (worry)
 Depression (blue, low)
 Helpless and hopeless
 Irritability
 Passivity
 Feelings easily hurt
 Easily embarrassed
 Cries easily
 Obsessive thoughts
 Withdrawal when stressed
 Excessive guilt
 Passive death wish
 Grumpy
 Negative self-image
 Low self-esteem
 Performance anxiety
 Perfectionistic
 Ruminations
 Shyness
 Whiney (excessive)
 Fidgety
 Seasonal Affective Disorder
 Jealousy/envy
 Listlessness

Instability Symptoms:

Binge eating
 Anorexia
 Bulimia
 Bipolar episodes
 Panic attacks
 Extreme mood swings
 Rages
 Swings in productivity
 Swings in appetite
 Irritable Bowel Syndrome
 Borderline Personality Disorder
 Posttraumatic Stress Disorder
 Antisocial Personality Disorder

Overarousal Symptoms:

Anxiety (fear)
 Depression (agitated)
 Anger
 Aggressiveness - initiates conflict
 Impatience
 Lack of remorse
 Chronic agitation
 Paranoia
 Suicidal plans/actions
 Shame
 Compulsive behavior
 Self-hatred
 Dissociative
 Lack of empathy
 Lack of cause and effect thinking
 Exhaustion
 Controlling
 Manipulative
 Poor understanding of emotions
 Grudge-holding
 Lack of body awareness
 Loud, unmodulated voice
 Humorless
 Poor eye contact
 Poor social awareness
 Road rage
 Hair-pulling
 Involuntary movement
 Nail biting / nervous habits
 Symptoms of insecure attachment
 Autistic symptoms

Cognitive Symptoms		
Underarousal Symptoms:	Instability Symptoms:	Overarousal Symptoms:
Dyslexia Indecision Poor word fluency Poor sequential processing Poor sequential planning Poor reading comprehension Difficulty decoding words Poor arithmetic calculation	Lapses in memory Brain fog Erratic decision making	Nonverbal learning disability Poor visual-spatial skills Poor spelling Poor tracking during reading Poor sense of self in space Lack of prosody Loud voice Poor handwriting Poor drawing Poor sense of direction Poor fine motor skills Left and right not automatic Poor math concepts

Neurological and Motor Symptoms		
Underarousal Symptoms:	Instability Symptoms:	Overarousal Symptoms:
(LH = left hemisphere) LH seizures LH stroke LH brain injury	Generalized seizures Absence (petit mal) seizures Temporal lobe epilepsy Tonic-clonic (grand mal) seizures TBI with brainstem injury Vertigo Tinnitus Motion sickness	(RH = right hemisphere) RH seizures RH stroke RH brain injury Tremor Poor balance Poor coordination Involuntary regurgitation Hiccups Nervous laugh / habits

Autoimmune, ANS, and Endocrine Symptoms		
Underarousal Symptoms:	Instability Symptoms:	Overarousal Symptoms:
Immune deficiency Low thyroid function PMS - low arousal, irritability, insomnia, sugar craving, pain, cramps Intolerance of alcohol or other sedatives	Hypertension Hypotension Postpartum depression Severe mood swings with PMS Migraine with PMS Chronic fatigue syndrome Irritable bowel syndrome Asthma Intolerant of coffee/alcohol/many medications Multiple chemical sensitivities Autoimmune disorders: Type 1 diabetes Lupus Rheumatoid arthritis Crohn's disease Multiple sclerosis	Menopausal hot flashes Irregular periods Skin allergies; eczema PMS - high arousal, mania, rage, agitation, racing thoughts Heart palpitations Pounding, racing heart Constipation Intolerance of coffee and other stimulants

Form adapted from assessment methods based on the work of Sebern Fisher, MA.