

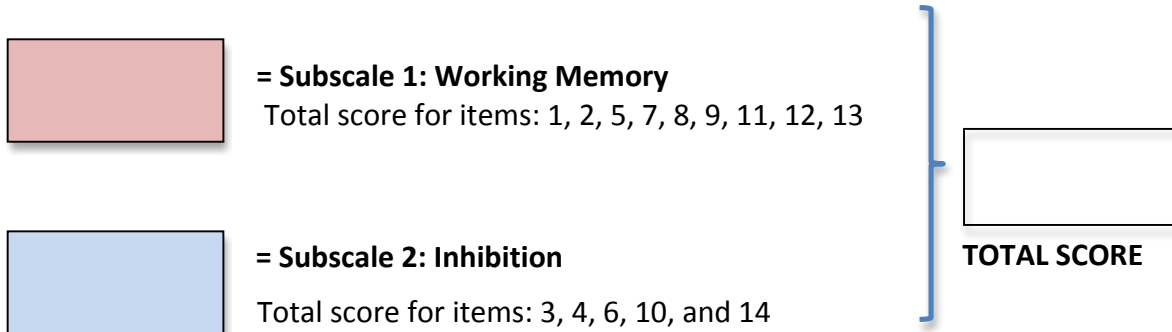
ADULT EXECUTIVE FUNCTIONING INVENTORY (ADEXI) SELF-REPORT VERSION

Below you will find a number of statements. Please circle a number to the right of each statement to indicate how well that statement describes how you are as a person. People that you know might feel differently about you – we want to know what you think about yourself. Try to respond as honestly as possible.

	Definitely not true	Not true	Partially true	True	Definitely true
	1	2	3	4	5
1. I have difficulty remembering lengthy instructions	1	2	3	4	5
2. I sometimes have difficulty remembering what I am doing in the middle of an activity	1	2	3	4	5
3. I have a tendency to do things without first thinking about what could happen	1	2	3	4	5
4. I sometimes have difficulty stopping myself from doing something that I like even though someone tells me that it is not allowed.	1	2	3	4	5
5. When someone asks me to do several things, I sometimes remember only the first or last	1	2	3	4	5
6. I sometimes have difficulty refraining from smiling or laughing in situations where it is inappropriate	1	2	3	4	5
7. I have difficulty coming up with a different way of solving a problem when I get stuck	1	2	3	4	5
8. When someone asks me to fetch something, I sometimes forget what I am supposed to fetch	1	2	3	4	5
9. I have difficulty planning for an activity (e.g., remembering to bring everything necessary when going on a trip/to work/to school)	1	2	3	4	5
10. I sometimes have difficulty stopping an activity that I like (e.g., I watch TV or sit in front of the computer in the evening even though it is time to go to bed)	1	2	3	4	5
11. I sometimes have difficulty understanding verbal instructions unless I am also shown <u>how</u> to do something	1	2	3	4	5
12. I have difficulties with tasks or activities that involve several steps	1	2	3	4	5
13. I have difficulty thinking ahead or learning from experience	1	2	3	4	5
14. People that I meet sometimes seem to think that I am more lively/wilder compared to other people my age	1	2	3	4	5

SCORING

Fill in the total score for the two factors WORKING MEMORY and INHIBITION and fill in the ADEXI total score.



Scientific articles using the ADEXI:

Holst, Y. & Thorell, L.B. (2016). *Adult Executive Functioning Inventory (ADEXI): Validity, Reliability, and Relations to ADHD*. Manuscript under revision for publication

Holst, Y. & Thorell, L.B. (in press). Neuropsychological functioning in adults with ADHD and adults with other psychiatric disorders: The issue of specificity, *Journal of Attention Disorders*