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.

<table>
<thead>
<tr>
<th>Definitely not true</th>
<th>Not true</th>
<th>Partially true</th>
<th>True</th>
<th>Definitely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

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

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

= Subscale 1: Working Memory
Total score for items: 1, 2, 5, 7, 8, 9, 11, 12, 13

= Subscale 2: Inhibition
Total score for items: 3, 4, 6, 10, and 14

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*