

Adult Executive Functioning Inventory (ADEXI) Self-report

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 answer as honestly as possible.

Definitely not true 1	Not true 2	Partially true 3	True 4	Definitely true 5
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1. I have difficulty remembering lengthy instructions	1	2	3	4	5
2. I 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 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 remember only the first or last	1	2	3	4	5
6. I 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 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 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 have difficulty understanding verbal instructions unless I am also shown how 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

Definitely not true 1	Not true 2	Partially true 3	True 4	Definitely true 5
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13. I have difficulty thinking ahead or learning from experience	1	2	3	4	5
14. People that I meet seem to think that I am more lively/wilder compared to other people my age	1	2	3	4	5

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