

# IOWA SCALES OF PERSONALITY CHANGE

*Your description of your family member's or friend's behavior and how he may have changed since the onset of his neurological condition is an important contribution to his diagnosis and management. Please take a little time to provide us with important information about various personality characteristics that might change after the development of a neurological condition.*

Patient's name \_\_\_\_\_ Date \_\_\_\_\_

Your name \_\_\_\_\_ Relationship to patient \_\_\_\_\_

Number of years you have known the patient \_\_\_\_\_

## **INSTRUCTIONS:**

- There is a different personality characteristic on each page. Read the brief definition of the characteristic at the top of the page to be sure that you are thinking of the characteristic in the same way that we have in mind.
- Make two separate ratings for each characteristic.
  - (1) **Before:** First, rate the characteristic by circling **the one rating** that best describes his typical behavior in the years prior to the onset of the neurological condition.
  - (2) **Now:** Second, rate the characteristic as he is now by circling **the one rating** that best describes his behavior since the onset of his neurological condition.

*You should rate him according to the way he is currently, regardless of why he is that way. Aspects of his behavior may be due to medications, inability to work, etc., but that doesn't matter. Rate him according to the way he is now.*
- The descriptions and examples associated with ratings of 1, 3, 5 and 7 are provided to give you a sense of what someone at a certain rating level might be like. ***It is not necessary that the examples apply to him exactly, just that the spirit of the examples fit him.***

The ratings of 2, 4, and 6 are available if you think his level of a characteristic is in between two of the ratings with descriptions. For example, if he has more irritability than described for "3" but less than "5," you would rate him as "4."
- Please feel free to write comments to explain your rating or give examples anywhere in this booklet. Comments are welcomed and can be very helpful.

**IRRITABILITY** -- The extent to which he becomes irritated by things, even minor events and takes it out on other people.

*You will be making 2 ratings for this characteristic:*

*(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.*

*(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.*

**Guidelines/Examples for “Before” and “Now” ratings**

	<b><u>Before</u></b>	<b><u>Now</u></b>
He rarely gets irritable, even when there are circumstances that would upset almost anyone else.	→ 1	1
	2	2
He gets irritable from time to time if there is a situation that would irritate most people. When he does get irritated, he doesn't take it out on people who just happen to be around him, and he tends to calm down pretty quickly.	→ 3	3
	4	4
He often gets more irritated than most people would if things aren't going his way. He may sometimes get irritated for no good reason. When irritated, he may yell or curse; he may be unpleasant or give mean looks to those around him; or he may stop what he is doing and leave in a huff.	→ 5	5
	6	6
He is easily irritated by very unimportant things, so that he is irritable almost all the time, and he may lose his temper at those who happen to be around him.	→ 7	7

**LACK OF INITIATIVE** -- The extent to which he has difficulty getting started on tasks he should take care of, or getting himself going on activities he enjoys. *This difficulty is not simply because of memory problems; it may occur even when he is well aware of what he needs to get done — it reflects a problem with him getting himself to begin working on something.*

**You will be making 2 ratings for this characteristic:**

- (1) First, please circle the one rating which best characterizes the way he was BEFORE developing his neurological condition.**
- (2) Second, please circle the one rating which best characterizes the way he is NOW, since developing his neurological condition.**

**Guidelines/Examples for “Before” and “Now” ratings**

**He is very good about getting started on tasks that need to be done.**

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1

1

2

2

**He is about as good as most people at getting himself started on tasks that need to be done.** Although he may not start on all tasks right away, he usually gets them completed when they need to be without having to be prompted by others.

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3

3

4

4

**He often has difficulty getting himself started on a task or project,** even when he is aware that he needs to get it done, or wants to get it done. As a result, he often requires some prompting to get to work on tasks for which he is responsible, or else they may not get done on time. Additionally, unless prompted by others, he may not engage in many recreational activities (other than very passive activities like watching TV). He might say that it would be “too much bother” to engage in activities which actually do not seem that demanding.

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**He has a great deal of difficulty getting started with activities.** This causes problems because, unless others nag him to get him started, he regularly does not get to work on tasks even when he knows they are important. He may have difficulty doing simple things that are part of his normal routine. For example, he may go days without taking a shower, brushing his teeth, or changing his clothes (unless prompted by someone else). Day after day, he may spend much of his time doing very little (such as watching a lot of TV or staying in bed much of the day).

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**PERSEVERATION (OVERLY REPETITIVE BEHAVIOR)** -- The extent to which he gets “stuck” on a particular behavior, keeps repeating the same activities over and over, or keeps trying the same approach to a problem even if it isn't working.

*You will be making 2 ratings for this characteristic:*

- (1) First, please circle the one rating which best characterizes the way he was BEFORE developing his neurological condition.*
- (2) Second, please circle the one rating which best characterizes the way he is NOW, since developing his neurological condition.*

Guidelines/Examples for “Before” and “Now” ratings

	<u>Before</u>	<u>Now</u>
<p><b>He likes to have a lot of variety in his activities.</b> He engages in a wide variety of activities over the course of the day, and he does not like to get “stuck in a rut” of doing the same thing day after day.</p>	→ 1	1
	2	2
<p><b>He doesn't get stuck in activities or behaviors any more than most people.</b> He has daily routines and preferred activities just like most people, but he readily modifies his activities to the demands of the situation.</p>	→ 3	3
	4	4
<p><b>He has more difficulty than most people switching away from activities or behaviors.</b> He may tend to engage in a few of the same activities day after day, although he will participate in other activities if pushed by others. He may be slow to switch from one activity to another even if he has completed what he set out to do or if circumstances make it more sensible for him to switch. He may get “stuck” in a certain way of going about a task, so that even after it should be clear that his way is not working, he might make several more attempts or give up before trying a new approach.</p>	→ 5	5
	6	6
<p><b>He has frequent problems switching away from activities or behaviors.</b> He may be “stuck in a rut” of the same activities day after day, and it can be quite difficult for others to direct him into a different activity. He tends to have difficulty switching away from a task or activity even if circumstances make it important to switch, and this may sometimes cause problems because of responsibilities that don't get taken care of. Even if he completes what he set out to accomplish, he may continue on and on as if on “auto-pilot.” He may have difficulty completing tasks or figuring out solutions to problems because he sticks with the same approach over and over even though it is not working.</p>	→ 7	7

**DEPRESSION** -- The extent to which his mood stays sad, his attitude is pessimistic, he is self-critical, and he doesn't enjoy activities as much as most people.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for "Before" and "Now" ratings**

**He is a cheerful person who never seems to get down about things.** He enjoys his usual activities as much as anyone. He is quite optimistic about how things will work out for him in the future. He feels good about himself, and rarely makes self-critical statements.

→

1

1

2

2

**His mood is pretty good most of the time,** and his mood is rarely down for long. He enjoys his usual activities as much as most people. He is pretty realistic in his expectations for how things will work out in the future. He does not criticize himself too often, and when he does it is usually for good reason.

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**He seems to be down much of the time,** though his mood improves when things are going really well. He gets less enjoyment out of things, even some of his favorite activities, than most people would. He often has a pessimistic attitude about the future. He might blame himself for things that go wrong.

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**His mood is sad almost all the time.** He rarely gets any enjoyment out of things, even his favorite activities. He might believe that things will never get any better, and that the rest of his life will be miserable. He might often put himself down, blaming himself for things that go wrong even when it should be clear they are not his fault.

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**IMPULSIVITY** -- The extent to which he acts quickly without thinking first.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

**He is not impulsive at all.** He typically takes time to think through a situation and make a very sensible decision.

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Before

1

Now

1

2

2

**He is not any more impulsive than most people.**

→

3

3

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4

**He acts more impulsively than most people.** He tends to act without stopping to think over what he is about to do. As a result, he might make "stupid" mistakes. He may often do things because he wants to even if he knows it is not a good idea. For example, if he sees something that he wants in a store, he may go ahead and buy it even if it costs more than he can afford to spend and he doesn't really need it.

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**He regularly does things on the spur of the moment just because "he felt like it" or did not think about it first, and this causes him problems.** For example, he may buy things that he couldn't resist, but could not afford, and this may cause financial difficulties. Or, he may cause embarrassment to himself or his family or have gotten into legal difficulties because of impulsive behavior. For example, he might blurt out sexually suggestive comments or impulsively touch someone in an offensive way. His impulsive behavior may even place him or others in risky or dangerous situations from time to time.

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**OBSESSIVENESS** -- The extent to which he concerns himself with having things be "just so," gets wrapped up unnecessarily with unimportant details, and tends to think things over in his mind on and on and on.

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for "Before" and "Now" ratings**

	<b><u>Before</u></b>	<b><u>Now</u></b>
<p><b>He doesn't pay much attention to the details of a job.</b> He likes to get a project done quickly and without a lot of fussing.</p>	→ 1	1
	2	2
<p><b>While he usually tries to do a good job on projects, he doesn't worry about unimportant details.</b> He doesn't get too concerned with the appearance of things, and he doesn't spend much time making sure things are done "just so."</p>	→ 3	3
	4	4
<p><b>He is more obsessive than most people.</b> He tends to spend a lot of time thinking about things over and over, like dwelling on analyzing a situation or thinking through a decision on and on. He may tend to take longer than many people would to get things done because of concern that things get "done right," and more attention to details than necessary. For example, if he is straightening up a room, he may carefully arrange and re-arrange things.</p>	→ 5	5
	6	6
<p><b>He is extremely obsessive.</b> He tends to be so concerned with unimportant details and doing things "the right way" that he may have considerable difficulty getting many projects or tasks completed. He may be very concerned with keeping things neat and orderly, fussing over details that most people would not even notice. He often has a particular way that he must go about certain activities. He may spend days analyzing something over and over. He may be a "pack rat" who saves many things most people would get rid of.</p>	→ 7	7

**MOODINESS** -- The extent to which he is "moody," with moods that come on suddenly and change easily and quickly.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for "Before" and "Now" ratings**

	<b><u>Before</u></b>	<b><u>Now</u></b>
<b>He is on a very even keel.</b> Almost no matter what else is going on, his mood doesn't change very much.	→ 1	1
	2	2
<b>His moods change around about as much as most people's,</b> and the reason for his changes in mood are usually easy to understand because of the circumstances.	→ 3	3
	4	4
<b>He is definitely a little moody.</b> His feelings tend to change very quickly in response to minor events. For example, if he is in a good mood and a friend cancels plans to get together, he might get depressed and not feel like doing anything else. These moods might not last too long. So, if he is down and someone starts talking with him about something else, he may cheer up quickly, as if he had not even been so down minutes earlier.	→ 5	5
	6	6
<b>He is extremely moody.</b> His moods often seem to change for hardly any reason at all, swinging from one extreme to another. His mood can change several times within an hour.	→ 7	7



**LACK OF STAMINA** -- The extent to which he becomes more tired or exhausted than most people would by all sorts of activities.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

**He has very good stamina.** Even under very demanding circumstances such as lack of sleep, hard physical activity or having to concentrate at something for a long time, he remains very energetic.

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1

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2

**His stamina is about as good as most people’s.** When he has been in demanding circumstances, he gets about as exhausted or tired as you would expect from a man his age.

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3

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**He tends to have less stamina than most people.** When he has been in demanding circumstances, he often gets more exhausted or tired than you would expect from a man his age. He may even tend to wear out in situations that would not be too demanding for most people.

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**He has very poor stamina.** He regularly gets much more exhausted or tired than you would expect from a man his age when he has been in demanding circumstances (such as lack of sleep, hard physical activity or having to concentrate at something for a long time). He even gets exhausted or tired after engaging in activities that aren’t very demanding.

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**LACK OF PERSISTENCE** -- The extent to which he has difficulty sticking with a task, and completing projects he begins.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

**He has very good persistence.** Even when a task is very boring or frustrating, if it needs to get done he will keep at it until it is completed.

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1

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2

2

**He does not have difficulty completing chores or obligations.** If his work on a task is interrupted, he will usually return to the task in a reasonable period of time and complete the task.

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3

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4

4

**He has difficulty sticking with projects or chores.** Unless someone else helps him remain focused, he often stops working on a task before it is completed because his focus has shifted to something else, or he has become restless or bored. This difficulty sticking with activities sometimes aggravates other people or causes problems because he ends up taking much longer than necessary, or some important tasks may not get completed.

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**He is frequently unable to stick with tasks that take longer than a few minutes to complete** unless someone is with him helping him stay focused on the task. His difficulty persisting at tasks often causes significant problems because he often fails to complete tasks which are important to get done.

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**LACK OF PLANNING** -- The extent to which he fails to plan ahead for future activities or circumstances, and he fails to plan out tasks that involve several steps.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

	<b><u>Before</u></b>	<b><u>Now</u></b>
He regularly plans things out well ahead of time so that things usually go smoothly when the time comes.	→ 1	1
	2	2
He plans things ahead of time about as well as most people.	→ 3	3
	4	4
He tends to have difficulty successfully planning things ahead of time. He might wait until the last minute before thinking about what will need to be done, or he may not think of everything ahead of time. As a result, tasks or arrangements become much more difficult than they would have been with better planning. He may have to rush to get things done at the last minute, and some things may not get done at all.	→ 5	5
	6	6
He regularly fails to plan ahead, or he makes poor plans. Many things don't get done, or take much longer to accomplish because he often doesn't think ahead of time about what arrangements will have to be made. For example, he may frequently have problems completing chores or projects because he doesn't plan out the steps involved or the materials he will need. He may also have a lot of mix-ups like not keeping an appointment or fulfilling an obligation because he did not plan time for them or he is supposed to be doing two things at the same time.	→ 7	7

**INFLEXIBILITY** -- The extent to which he is stubborn about holding onto his opinions or having things his way despite what others have to say.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

**He is quite open-minded**, and will consider several sides of an issue before making up his mind. He is quite open to suggestions about a better way to do something.

→

Before  
1

Now  
1

2

2

**Even though he has his own opinion on most subjects, he will listen to and think about other people's points of view.** It is not unusual for him to be influenced by what others have to say, and then change his mind about something. Even if he wants things a certain way, he is often willing to let someone else have their way.

→

3

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4

**He has a pretty strong opinion about most things, and it is unusual for others to get him to change his mind.** He usually thinks his point of view is the right one, and he doesn't like others telling him otherwise. If he wants things a certain way, he tends to be stubborn about it. His inflexibility might sometimes irritate friends or family.

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5

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**He is so inflexible that friends and family often get very frustrated with him.** As a result, people who know him might avoid discussing certain topics with him to avoid arguments. Or, he may be difficult to be around because he usually wants things his way, and is generally unwilling to let others have their way.

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**POOR JUDGMENT** -- The extent to which he makes poor decisions in situations where most other people would make a more sensible decision.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

	<u>Before</u>	<u>Now</u>
He has very good judgment.	→ 1	1
	2	2
His judgment is about as good as most people's. In making a decision, he is usually able think of all the important factors, and to realize what the effects of his decisions are likely to be in the future.	→ 3	3
	4	4
He has some difficulty with his judgment. He might frequently make decisions that do not turn out very well, but do not cause serious problems. From time to time, he might make a bad decision that causes problems which are significant but not disastrous.	→ 5	5
	6	6
His poor judgment tends to cause significant problems. Often, he makes a poor decision when a better decision would be obvious to most people. His poor decisions have led to, or could have led to serious problems (such as, for example, losing a large sum of money, getting fired from a job, getting into legal trouble, or ruining a close personal relationship).	→ 7	7

**ANXIETY** -- The extent to which he is nervous and worries about things.

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

**He is not an anxious person at all and is rarely nervous**, even in situations that would make most people anxious. While he may get concerned about a serious problem that he needs to do something about, he will think the problem through the best he can rather than spending time worrying about it.

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1

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2

2

**He worries about as much as most people**, and he does not get nervous very often.

→

3

3

4

4

**He worries more than most people**, often about things that are fairly unlikely to take place. Because of anxiety he may tend to be hesitant or unwilling to attempt activities that wouldn't bother most people. He may have difficulty relaxing sometimes because it may be difficult for him to stop thinking about his worries.

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5

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**He is very anxious most of the time**, and at least a little anxious almost all the time. He may get so anxious that he has trouble concentrating or thinking clearly. He has a lot of self-doubt, and he might often avoid activities because he is so anxious about how things will turn out. It is extremely difficult for him to get completely relaxed because he may not be able to set aside his worries.

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**INSENSITIVITY** -- The extent to which he has difficulty understanding the feelings of others, and acts without considering the feelings of others when he does something.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

**He is better than most people at understanding how others are feeling, and it is rare for him to do something that would hurt someone else's feelings.** He can tell if something is bothering someone, and will often say or do something to make them feel better.

→

1

1

2

2

**He is about as sensitive as most people.** He can usually tell if someone is feeling uncomfortable or upset about something, and he will often let that person know he understands how they are feeling. He tries to be sensitive, and most of the time he will avoid saying or doing things that would hurt someone else's feelings.

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**He tends to be less sensitive than most people toward others.** He tends to be very focused on his own circumstances so that his actions may often be inconsiderate of others. He seems to have more difficulty than most people understanding others' feelings, so he tends to say or do things which may hurt people's feelings, upset them, or embarrass them. These incidents are usually not very serious.

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**He is very insensitive to the feelings and circumstances of others.** He has a great deal of difficulty knowing how others are feeling, even when it would be obvious to most people that someone is feeling unhappy, upset or worried. He frequently says or does things that hurt other people's feelings or irritate them. Even if he should know -- or it is pointed out to him -- that what he did was insensitive, he may continue to do the same sort of thing again and again.

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**SOCIAL INAPPROPRIATENESS** -- The extent to which he might not act properly in social settings.

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

	<b><u>Before</u></b>	<b><u>Now</u></b>
He carefully watches the way he behaves and almost always acts very appropriately.	→ 1	1
	2	2
He behaves about as appropriately as most people around others.	→ 3	3
	4	4
He sometimes says things or acts in ways that are not appropriate around other people. He may not control his behavior the way he should, as if he is unaware that a certain situation calls for behaving in a certain way. He may seem to not understand that other people may be bothered by certain behaviors. So, he may do things that are somewhat embarrassing or irritating to others. For example, he might start conversations with strangers, or go on and on talking to someone, even after they give signals that they want him to stop talking.	→ 5	5
	6	6
He regularly acts in ways that are clearly inappropriate, in social settings. He does not seem to control his behavior when the situation calls for it, so that he might act in ways that he should know would offend or upset others. For example, he may constantly interrupt others. Or, even after others indicate they want him to stop, he may keep on talking about something or acting in an irritating way. In a setting like a funeral, he might not act with appropriate dignity and respect. His difficulty acting appropriately may result in people being less willing to be around him or having less respect for him. These problems occur with other people and not just with family, unless he <u>only</u> spends time with family.	→ 7	7



**DEPENDENCY** -- The extent to which he depends on those around him to take care of him, make him feel better, and do things for him that he is capable of doing for himself.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

	<u>Before</u>	<u>Now</u>
He prefers doing things for himself, and doesn't like help unless necessary.	→ 1	1
	2	2
He asks for help or support in situations where most people would, but doesn't typically ask for help with things that he can do on his own without too much difficulty.	→ 3	3
	4	4
He relies on other people more than he needs to. If he is faced with an activity that he should be capable of managing by himself, he might want help from others or might look for reassurance from others. If he has to deal with a situation that is a little out of the ordinary, he might want someone else to tell him how it should be handled. If he is feeling down or upset, he might look to someone else to make him feel better.	→ 5	5
	6	6
He regularly relies on others much more than he needs to. He needs frequent reassurance, encouragement, and approval. He often looks for help with things that he is clearly capable of doing by himself. If he is feeling down or upset, he usually relies on others to make him feel better in much the same way that a young child who skins his knee wants his parent to make it "all better." He might like to stay nearby a family member, especially away from home, because he doesn't like to be left alone.	→ 7	7

**IMPATIENCE** -- The extent to which he gets upset having to be patient or wait for something to occur.

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

He is very patient, more patient than most people.

He is about as patient as most people.

**He is more impatient than most people.** For example, he often gets upset if he has to wait in a short line, or if service at a restaurant is a little slower than it should be. He may get upset by slow traffic even if he doesn't have to get some place by a particular time.

**He is extremely impatient.** He gets impatient very frequently, often over minor delays that most people wouldn't even think twice about. If he asks someone to do something for him, he tends to get upset if it takes longer than he thinks it should - - even if it is as fast as could be expected. When something is taking longer than it should, he tends to keep getting more and more upset rather than trying to accept the situation.

	<u>Before</u>	<u>Now</u>
→	1	1
	2	2
→	3	3
	4	4
→	5	5
	6	6
→	7	7

**"TYPE A" BEHAVIOR** -- The extent to which he stays busy and is unable to relax because there is always "so much to get done" (whether or not he really does have too much going on).

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for "Before" and "Now" ratings**

**He has no trouble setting aside work or tasks and just relaxing.** In fact, even when he is working on something, he likes to work at a pretty easy pace.

→

1

1

2

2

**He tries to get a lot done when he is working, but he regularly makes time for relaxing and doing things he enjoys.**

→

3

3

4

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**He is the kind of person who has to be doing something most of the time.** He often does more than one activity at a time. If nothing is going on, he'll often find something to do instead of sitting around "wasting time." As a result, it is often hard for him to enjoy quiet, peaceful leisure activities.

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**He feels he has to make every minute count, so it is very difficult for him to relax.** This occurs even during his "free time," because he is almost always thinking about what he could be getting done. He feels so much pressure to get everything done that he has a very hard time taking more than a little time away from those tasks.

→

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**UNEMOTIONAL** -- The extent to which he does not experience emotions or feelings as easily or as deeply as most other people.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

**It is clear that he has very strong emotional feelings.** Whatever the situation, his feelings are likely to be stronger than most people's would be.

→

**Before**  
1

**Now**  
1

2

2

**His emotions seem to be about as strong as those of anyone else.**

→

3

3

4

4

**His emotions are generally less strong than most people's.** For example, in situations that would make most people sad or angry or excited, his emotional response is weaker than most people's would be.

→

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**In general, he shows very little emotion,** even in situations that would make most people quite sad, afraid, excited, etc. Although he might sometimes get irritated for a short period of time, he would return to his usual unemotional state before too long.

→

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**SOCIAL WITHDRAWAL** -- The extent to which, when he has a choice, he spends his time by himself and away from other people.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for “Before” and “Now” ratings

**He is very sociable.** He enjoys being with groups of people, and frequently engages in group activities, even with groups of people he does not know very well.

→

1

1

2

2

**He enjoys socializing with family and friends.**

→

3

3

**He seems to get less enjoyment than most people from socializing.** With the exception of some close friends, he might not go out to socialize very frequently or have people over to visit very often. Even at home, he might not spend a lot of time doing things with his family.

→

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**Most of the time he seems to find it a bother to socialize with other people.** He spends most of his time by himself, and avoids going out to socialize. If he does get into a social situation, he may not participate and may want to leave before very long. He doesn't get together with good friends that often, either. He rarely invites others over to his place. Even at home, he may spend little time around his family.

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**AGGRESSION** -- The extent to which he acts in a physically aggressive manner toward other people (or other living creatures). Physical aggression refers to actions that could possibly hurt the target, including hitting, slapping, kicking, pushing, squeezing, pinching, pulling hair, and throwing something at somebody (something that could hurt if it hit the target).

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

**He never acts in a physically aggressive manner.** He is a very gentle person and is good at calming everyone down in upsetting circumstances.

	<b><u>Before</u></b>	<b><u>Now</u></b>
→	1	1
	2	2
→	3	3
	4	4
→	5	5
	6	6
→	7	7

**He is not physically aggressive.**

**He occasionally acts in a physically aggressive manner.** On rare occasions, he may respond to someone else’s physical aggression with a similar action. Or, on rare occasions, in a situation that most people would find very upsetting, he may act in a mildly aggressive manner (that is, an action that might hurt for a few minutes but would not seriously injure somebody).

**He is physically aggressive.** On more than a few occasions he has been physically aggressive, sometimes in situations that would not make most people nearly so upset. His aggression may have included actions that could have (or did) injure someone.

**INDECISIVENESS** -- The extent to which he has difficulty making decisions.

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

He makes decisions easily, even important decisions.

→

1

1

2

2

He makes most decisions about as easily as anyone else.

→

3

3

4

4

He often has more difficulty than most people making decisions. He takes longer to arrive at many decisions than most people would, and he may change his mind a lot. He may often put off making decisions, even decisions that should not be that difficult.

→

5

5

6

6

He regularly has great difficulty making decisions, even about simple matters. He frequently takes a very long time or is unable to make a final decision. As a result, others might often have to step in and help him decide, or make the decision for him.

→

7

7

**VANITY** -- The extent to which he is concerned with being “better” than other people as far as things like being better looking, smarter, or richer than others.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

	<u>Before</u>	<u>Now</u>
<p><b>He is not vain.</b> He never concerns himself with comparing himself with others.</p>	→ 1	1
	2	2
<p><b>He is no more vain than most people.</b> He may be aware of and pleased with his positive qualities, but he is not overly concerned with them. He does not go out of his way to let other people know about his good qualities.</p>	→ 3	3
	4	4
<p><b>He is more vain than most people.</b> He is more concerned than most people with comparing himself to others and finding ways he believes he is “better” than other people. He tries to show others that he is good looking, smart, successful, skillful, etc. by how he attends to his appearance, or makes a point of showing off his knowledge, money, skill, etc.</p>	→ 5	5
	6	6
<p><b>He is extremely vain.</b> It is very important to him that others see him as “better” than other people. He regularly goes out of his way to show others that he is very good looking, smart, successful, skillful, etc. He works so hard to show others that he is “better” than most people that he might end up making a negative impression on others.</p>	→ 7	7



**SUSPICIOUSNESS** -- The extent to which he mistrusts others, and believes that others are trying to cause him problems.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for “Before” and “Now” ratings**

	<u>Before</u>	<u>Now</u>
He is not a suspicious person, and tends to be overly trusting of others.	→ 1	1
	2	2
He is not particularly suspicious. He trusts others about as much as everyone else, but he will question someone’s intentions when there is good reason to do so.	→ 3	3
	4	4
He is more suspicious of others than are most people. For example, he may occasionally misread situations and suspect that someone else is intentionally trying to aggravate him or “pull something over on him” when they were not. He may believe that most people can’t be trusted or they will take advantage of you.	→ 5	5
	6	6
He is very suspicious of others. He believes that, in general, people can’t be trusted or they will take advantage of you. He might regularly misread situations involving other people because he believes that others are trying to cause him problems. He may become concerned that various people mean him harm (when there are no good reasons for believing that.)	→ 7	7

**APATHY** -- The extent to which he lacks interest in all sorts of activities, and doesn't care about things going on in his life and around him.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for "Before" and "Now" ratings**

	<b><u>Before</u></b>	<b><u>Now</u></b>
He tries to "make every day count." He is interested in and excited by a wide variety of activities.	→ 1	1
	2	2
He has about as much interest in things as most people. He is interested in the lives of family and friends, and has various activities about which he is enthusiastic.	→ 3	3
	4	4
He seems to be less interested in things than most people. He often lacks enthusiasm for everyday activities and most leisure activities. In general, he doesn't seem to care very much about things going on with family or friends. However, he will usually participate in activities if others encourage it.	→ 5	5
	6	6
Very little seems to interest him. He has very little interest in things going on with family or friends. Even if he engages in an activity that most people would enjoy, he might just "go through the motions."	→ 7	7

**FRUGALITY** -- The extent to which he doesn't like to spend money, and tries to save as much money as possible.

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for "Before" and "Now" ratings**

	<u>Before</u>	<u>Now</u>
<p><b>He is not concerned with the price of things.</b> Regardless of the item, he usually prefers to buy brands that cost more rather than the least expensive brands because he assumes they will be better.</p>	→ 1	1
	2	2
<p><b>He tries to spend his money wisely, but he is not overly concerned about saving as much money as he can.</b> He sometimes buys a higher priced brand if he has a particular reason, and it is not difficult for him to spend money on entertainment.</p>	→ 3	3
	4	4
<p><b>He is very careful about how he spends his money.</b> Before buying even inexpensive items, he will get prices from several stores, and buy the cheapest. He is strongly against spending any money that he doesn't have to.</p>	→ 5	5
	6	6
<p><b>He is extremely concerned with saving money well beyond his financial need to do so, and will go to great lengths to save small amounts of money.</b> He may go without, and make the family go without, items that most people would consider basic (such as new shoes when the old shoes get worn through) to save money. For example, he might drive miles out of his way to buy gasoline at a gas station with prices a few cents a gallon cheaper.</p>	→ 7	7

**INAPPROPRIATE EMOTION** -- The extent to which he displays emotions that don't fit the situation or make sense for what is happening.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for "Before" and "Now" ratings

	<u>Before</u>	<u>Now</u>
His emotional behavior is always appropriate for the situation.	→ 1	1
	2	2
His emotional behavior almost always matches the feelings that most people would have in the same situation. For example, like many people, if he is feeling nervous he may have a nervous smile or laugh.	→ 3	3
	4	4
On occasion, his emotional behavior is noticeably inappropriate for the situation. For example, he may smile broadly or laugh when talking about something sad or upsetting. Or, he might look sad in a situation that most people would not find sad.	→ 5	5
	6	6
His emotional behavior is frequently very inappropriate for the situation. For example, he may smile or laugh in very sad situations, or he may look sad or cry in situations that are not sad at all. This tendency is sometimes so odd that people can't help but wonder what is going on.	→ 7	7

**MANIPULATIVENESS** -- The extent to which he tries to get people to do what he wants when they do not want to do it.

You will be making 2 ratings for this characteristic:

(1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.

(2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

**Guidelines/Examples for "Before" and "Now" ratings**

	<b><u>Before</u></b>	<b><u>Now</u></b>
He is very reluctant to impose on anybody. If he does ask someone to do something for him and they say "no," he won't bring it up again.	→ 1	1
	2	2
If he wants someone to do something for him, he will usually ask them in a straightforward fashion. If they tell him they don't want to, he might explain briefly why it is important to him, but he doesn't keep putting pressure on them.	→ 3	3
	4	4
He puts forth more effort than most people to get others to do things for him, even if they indicate that they don't want to. He may ask several times. He may try to change someone's mind by trying to make them feel guilty for not helping. For example, he might say things like: "Helping out is what friends are all about, I'd do the same thing for you!" or "If you don't help me out I'll be in big trouble!"	→ 5	5
	6	6
If he wants someone to do something for him, he can be very sneaky or calculating if necessary. He often tries to make someone feel guilty or obligated. If that doesn't work, he is willing to do things like becoming friends with someone he doesn't really care about for selfish reasons. Or, he might lie and make up stories to change the mind of someone who isn't going along with what he wants.	→ 7	7

**EASILY OVERWHELMED** -- The extent to which he is easily overwhelmed by demands on him, and gets flustered or unable to function.

You will be making 2 ratings for this characteristic:

- (1) First, please circle the one rating which best characterizes the way he was **BEFORE** developing his neurological condition.
- (2) Second, please circle the one rating which best characterizes the way he is **NOW**, since developing his neurological condition.

Guidelines/Examples for “Before” and “Now” ratings

	<u>Before</u>	<u>Now</u>
He is rarely if ever overwhelmed by circumstances. Even when circumstances are stressful, he is able to maintain his composure and continue to function well.	→ 1	1
	2	2
He does not get any more overwhelmed by pressure than most people.	→ 3	3
	4	4
He tends to get overwhelmed more easily than most people would. More than most people, pressure or stress interferes with his ability to think clearly, and may upset him.	→ 5	5
	6	6
He is very easily overwhelmed. He regularly gets very overwhelmed by the kinds of stressful circumstances such as having to work very quickly at a task, having a lot of activity going on around him, or having to do more than one thing at a time. He may even have some difficulty handling circumstances most people would not find very stressful. Having to work under pressure may overwhelm him to the point that he cannot think clearly or get much done.	→ 7	7

**LACK OF INSIGHT** – The extent to which he underestimates or is unaware of problems which have developed or which have gotten worse since the onset of his neurological condition.

*You will be making only 1 rating for this characteristic:*

*Please circle the one rating which best characterizes the way he is NOW, since developing his neurological condition.*

**Guidelines/Examples for “Now” ratings**

	<b><u>Now</u></b>
He has a good understanding of the changes and problems which have occurred in his thinking and behavior since the onset of his neurological condition, and he often talks about how they affect his life.	→ 1
	2
He has a fairly good understanding of the changes and problems which have occurred in his thinking and behavior since the onset of his neurological condition, and he occasionally talks about how they affect his life.	→ 3
	4
He has limited awareness of changes in his thinking and behavior which have occurred since the onset of his neurological condition, and problems these changes may have caused. Even if he recognizes that these changes contribute to a difficulty he is having with a situation (whether a task, a relationship, or just managing things in his life), he may still blame the difficulty on "circumstances" or on other people. When faced with clear evidence, he may admit to having more of a problem since he developed the condition, but he usually underestimates the change and how it interferes with day-to-day life.	→ 5
	6
He has extremely poor awareness of changes in his thinking and behavior which have occurred since the onset of his neurological condition, and problems these changes may have caused. He usually denies having any problem despite clear evidence to the contrary. If he does recognize that he is having difficulty with activities he should be able to do, he almost always thinks that it is because of "circumstances" or someone else's doing, and he does not seem to understand how he contributes to his difficulty.	→ 7

**Which statement best describes your relationship with him?**

- |          |  |
|----------|--|
| <b>1</b> | I have known him well, and have seen him regularly both before and after the onset of his condition.   |
| <b>2</b> | I know him well and have seen him regularly since the onset of his condition. However, I did not know him well before, or had not seen him all that often for years before the onset of his condition. |
| <b>3</b> | I have known him well and used to see him regularly before he developed his condition. However, I have not seen him all that often since the onset of his condition.                                   |
| <b>4</b> | I really haven't known him that well, or haven't seen him all that often both before and after the onset of his condition.   |

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**Have there been any changes in his behavior, emotions or personality that have not been covered?** (If so, please describe.)

**Are there any problems which are included among these scales, but for which the examples do not describe his problem very well?** (Please explain.)