

PERSONAL ADVERSITY QUESTIONNAIRE - ADULTS

Personal Adversity Questionnaire (PAQ)[©]

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This scale is designed for the patient to complete and designed for adults to help in the diagnosing for ADHD.

<i>Please circle the answer that applies to you.</i>			
1. My mom's pregnancy was complicated by her smoking or her use of street drugs or alcohol.	<i>True</i>	<i>False</i>	<i>Unsure</i>
2. My birth was difficulty and complicated.	<i>True</i>	<i>False</i>	<i>Unsure</i>
3. I was delayed in talking or walking.	<i>True</i>	<i>False</i>	<i>Unsure</i>
4. I had problems with becoming toilet trained.	<i>True</i>	<i>False</i>	<i>Unsure</i>
5. I was bullied as a child.	<i>True</i>	<i>False</i>	<i>Unsure</i>
6. I was sexually abused between ages 5 – 10.	<i>True</i>	<i>False</i>	<i>Unsure</i>
7. I was sexually abused between ages 11 – 15.	<i>True</i>	<i>False</i>	<i>Unsure</i>
8. I was physically abused.	<i>True</i>	<i>False</i>	<i>Unsure</i>
9. I failed one grade at school.	<i>True</i>	<i>False</i>	<i>Unsure</i>
10. I failed more than one grade at school.	<i>True</i>	<i>False</i>	<i>Unsure</i>
11. I had serious academic difficulties in school. I went for special education or resource classes.	<i>True</i>	<i>False</i>	<i>Unsure</i>
12. Teachers did not like me.	<i>True</i>	<i>False</i>	<i>Unsure</i>
13. I had very few friends in school.	<i>True</i>	<i>False</i>	<i>Unsure</i>
14. I was a shy and timid child.	<i>True</i>	<i>False</i>	<i>Unsure</i>
15. I did not get along well with my siblings.	<i>True</i>	<i>False</i>	<i>Unsure</i>
16. I grew up in a poor family.	<i>True</i>	<i>False</i>	<i>Unsure</i>
17. I always felt inferior to others.	<i>True</i>	<i>False</i>	<i>Unsure</i>

18. I was ashamed of who I was as a child.	<i>True</i>	<i>False</i>	<i>Unsure</i>
19. It was difficult to separate from my parents.	<i>True</i>	<i>False</i>	<i>Unsure</i>
20. I hated going to school.	<i>True</i>	<i>False</i>	<i>Unsure</i>
21. School was a source of stress for me.	<i>True</i>	<i>False</i>	<i>Unsure</i>
22. As a teenager, I felt like a failure.	<i>True</i>	<i>False</i>	<i>Unsure</i>
23. My mother was not affectionate with me, and/or did not show her caring for me.	<i>True</i>	<i>False</i>	<i>Unsure</i>
24. My father was not affectionate with me, and/or did not show his caring for me.	<i>True</i>	<i>False</i>	<i>Unsure</i>
25. My parents were not well off and my needs were not met as a child.	<i>True</i>	<i>False</i>	<i>Unsure</i>
26. My parents separated when I was less than 10 years old.	<i>True</i>	<i>False</i>	<i>Unsure</i>
27. My parents separated when I was less than 20 years old.	<i>True</i>	<i>False</i>	<i>Unsure</i>
28. My parents were authoritarians and controlling.	<i>True</i>	<i>False</i>	<i>Unsure</i>
29. I had difficulty paying attention at home and at school.	<i>True</i>	<i>False</i>	<i>Unsure</i>
30. I was a hyperactive child. I couldn't sit still.	<i>True</i>	<i>False</i>	<i>Unsure</i>
31. I am always on the go.	<i>True</i>	<i>False</i>	<i>Unsure</i>
32. People say I talk too much.	<i>True</i>	<i>False</i>	<i>Unsure</i>
33. I'm loud and people notice that.	<i>True</i>	<i>False</i>	<i>Unsure</i>
34. I feel restless every day.	<i>True</i>	<i>False</i>	<i>Unsure</i>
35. I leave my seat during meetings because I cannot sit for a long time.	<i>True</i>	<i>False</i>	<i>Unsure</i>
36. I can't relax.	<i>True</i>	<i>False</i>	<i>Unsure</i>
37. My room/car is usually a mess.	<i>True</i>	<i>False</i>	<i>Unsure</i>

38. I can't keep focusing for more than 10 minutes on topics that I don't like.	<i>True</i>	<i>False</i>	<i>Unsure</i>
39. I often misplace things like my keys, wallet, glasses, and use to lose things as a child.	<i>True</i>	<i>False</i>	<i>Unsure</i>
40. I can start projects but not finish them.	<i>True</i>	<i>False</i>	<i>Unsure</i>
41. I am distractible.	<i>True</i>	<i>False</i>	<i>Unsure</i>
42. My memory is poor. I need reminders and organizers.	<i>True</i>	<i>False</i>	<i>Unsure</i>
43. I have trouble noticing details.	<i>True</i>	<i>False</i>	<i>Unsure</i>
44. I am told I am a bad listener.	<i>True</i>	<i>False</i>	<i>Unsure</i>
45. I drive impulsively.	<i>True</i>	<i>False</i>	<i>Unsure</i>
46. I was an impulsive child, could not wait my turn, I blurt out answers and interrupted others.	<i>True</i>	<i>False</i>	<i>Unsure</i>
47. I set fires on purpose as a child.	<i>True</i>	<i>False</i>	<i>Unsure</i>
48. I was charged many times.	<i>True</i>	<i>False</i>	<i>Unsure</i>
49. I stole before the age of 10 many times.	<i>True</i>	<i>False</i>	<i>Unsure</i>
50. I stole after the age of 10 many times.	<i>True</i>	<i>False</i>	<i>Unsure</i>
51. I started many physical fights.	<i>True</i>	<i>False</i>	<i>Unsure</i>
52. I bullied other kids.	<i>True</i>	<i>False</i>	<i>Unsure</i>
53. I started drinking as a teenager.	<i>True</i>	<i>False</i>	<i>Unsure</i>
54. I started using street drugs as a teenager.	<i>True</i>	<i>False</i>	<i>Unsure</i>
55. As a teenager, I was arrested more than once.	<i>True</i>	<i>False</i>	<i>Unsure</i>
56. I was a defiant and spiteful child.	<i>True</i>	<i>False</i>	<i>Unsure</i>
57. I did not respect authorities.	<i>True</i>	<i>False</i>	<i>Unsure</i>