



## SYMPTOM SELF-ASSESSMENT INSTRUCTIONS

The purpose of this self-assessment (or assessment by a caretaker) is two-fold:

First and foremost, it provides your neurofeedback practitioner with a guide to those symptoms that *are*, or *have been* in the past, of significant concern to you or the client, or which have interfered with the client's ability to function or enjoy life.

Second, your rating of each symptom provides a measure of the client's current state against which we can judge progress made during training.

We have another, more objective assessment tool, the QIK test. This is a test of continuous performance using a reaction-time monitor, and yields an objective measure of attentiveness, impulse control, and adaptability to changing demands.

### How to rate your symptoms on the **0-10** scale:

Rate each symptom on a scale of 0 to 10 in increments of 1. Each symptom is to be rated individually. Rate any symptom that the client has experienced in the past, even if they do not presently consider a problem, at least a 1, or whatever non-zero number best describes the current experience of that symptom. If you can, write the year the client last experienced the symptom next to the rating if it is in the past.

If you do not see a symptom of concern to you on the list (for example, blood pressure), please write a brief descriptor and a rating in the empty box in the appropriate category. For the "positive" category, just mark what attributes the client wishes to improve, quantifying by how much it needs to improve.

For the last section, "Category Positive", please just rate which positive attributes that you most want/need to improve, the higher the number being the greater the need/desire.

- Write **0** if the symptom is a non-issue and beneath notice, no need to improve upon.
- Write **10** if the symptom is the worst that the client can imagine enduring, or most critical for improving.
- When rating a symptom, please consider the combined effect of:
  - Severity
  - Incidence (how frequently episodes occur, if applicable)
  - Duration of episodes