

## **The Behavior Rating Inventory of Executive Function - Adult Version (BRIEF-A)**

The Behavior Rating Inventory of Executive Function - Adult Version (BRIEF-A) is not publicly available and we are in the process of obtaining a complete copy of the measure from the publisher. However, to provide the IRB with the information needed to review use of this questionnaire in our protocol, we provide a detailed description of the BRIEF-A, to include a description of all subscales and example items, as well as a complete copy of the closely related BRIEF-2 questionnaire (See BRIEF2.pdf).

The BRIEF-A (Roth et al., 2005) is an adult extension/adaptation of the original Behavior Rating Inventory of Executive Function (BRIEF; Gioia et al., 2000). The original BRIEF was designed to assess executive functions (EF) in children (see BRIEF2.pdf for a complete copy of parent-report BRIEF-2). The BRIEF-A includes both self and informant-report forms; our protocol will use the self-report forms.

The following excerpt from Ciszewski and colleagues (2014) provides an overview of the BRIEF-A, its design, and example items for each subscale:

*“The BRIEF-A was constructed using items from the BRIEF, modifying the wording of items where the behaviour described was not appropriate for an adult respondent. The final item pool consisted of approximately 160 items including items that had been added to reflect more general statements as well as behaviour-specific statements. Using item-total correlations and principle factor analysis the total item pool was reduced, and standardization of the BRIEF-A was performed using 78 items.*

*The final version of the BRIEF-A is composed of 75 questions yielding nine clinical scales that form two higher-order indices, the Behavioral-Regulation Index (BRI; including the Inhibit, Shift, Emotional Control, and Self-Monitor scales), and the Metacognition Index (MCI; including the Initiate, Working Memory, Plan/Organize, Task Monitor, and Organization of Materials scales). The combination of the nine clinical scales forms one summary score called the Global Executive Composite (GEC) that provides an overall picture of the individual's perception of their EF. The measure includes three validity scales: Inconsistency, Negativity and Infrequency. The self-report scale is accompanied by an informant-report, which can be completed by someone who can comment on the individual's behaviour in his or her everyday environment.*

*The Inhibit scale measures a respondent's inhibitory control and ability to inhibit their behaviour when appropriate. An example of an item on the Inhibit subscale is “I have problems waiting my turn”. The Shift scale measures the ability of the adult to switch between situations as needed, and includes the item “I get disturbed by unexpected changes in my daily routine”. The Emotional Control scale measures the extent to which the individual is able to mediate emotional responses. “I get upset quickly or easily over*

*little things” is an example of an item on the Emotional Control scale. The Self-Monitor scale measures the extent to which an individual can keep track of his or her behaviour, and the extent to which they are aware of the effect of their behaviour on others. An example of an item on the Self-Monitor scale is “I don't think about consequences before doing something”.*

*The Initiate scale contains items pertaining to beginning a task or activity and the behaviour associated with this (i.e. generating ideas); for example, “I need to be reminded to begin a task even when I am willing”. The Working Memory scale measures the respondent's ability to hold information in their mind and manipulate this information to achieve task completion; for example, “I have trouble with jobs or tasks that have more than one step”. An adult's ability to manage current and future demands is measured by the Plan/Organize scale. The Task Monitor scale measures the extent to which the individual keeps track of his or her own successes and failures. An item on the Task Monitor scale is “I misjudge how difficult or easy tasks will be”. The Organization of Materials scale measures the individual's organization within their environment and extends to the state of their work, living, and storage spaces. An example of an item on the Organization of Materials scale is “I leave my room or home a mess”.*

Gioia G. A., Isquith P. K., Guy S. C., Kenworthy L.. (2000). *BRIEF: Behavior Rating Inventory of Executive Function*. Lutz, FL: Psychological Assessment Resources, Inc.

Roth R. M., Isquith P. K., Gioia G. A.. (2005). *Behavior Rating Inventory of Executive Function - Adult Version (BRIEF-A)*, Lutz, FL: Psychological Assessment Resources, Inc.

Ciszewski, S., Francis, K., Mandala, P., Bissada, H., Tasca, G. (2014). Validity and reliability of the Behavior Rating Inventory of Executive Function-Adult Version in a clinical sample with eating disorders. *Eating Behaviors* 15: 175-181.