

TEENAGE EXECUTIVE FUNCTIONING INVENTORY (TEFI) SELF-REPORT

Below are some statements about how you are as a person. Mark your answer by circling one of the numbers to the right of each statement. Perhaps others feel differently, but 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
1. I have <u>difficulty</u> remembering <u>long</u> instructions	1	2	3	4	5
2. I sometimes have <u>difficulty</u> remembering what I need to do in the middle of an activity	1	2	3	4	5
3. I do things without first thinking about what could happen	1	2	3	4	5
4. I sometimes have <u>difficulty</u> stopping myself from doing things even though I know it's not allowed	1	2	3	4	5
5. When someone asks me to do several things, I sometimes cannot remember all of them	1	2	3	4	5
6. I sometimes cannot stop myself from laughing or smiling even though I know that it is inappropriate at the time	1	2	3	4	5
7. I have <u>difficulty</u> coming up with a new way to solve a problem when I get stuck	1	2	3	4	5
8. When I am asked to get something, I sometimes forget what I was supposed to get	1	2	3	4	5
9. I find it difficult to plan things (e.g., remembering to bring everything necessary for school or when going on a trip)	1	2	3	4	5
10. I find it difficult to make myself stop an activity that I like (e.g., I sit in front of the computer or mobile device even though it is time to go to bed).	1	2	3	4	5
11. I sometimes have <u>difficulty</u> understanding instructions unless I am shown <u>how</u> to do something	1	2	3	4	5
12. I have <u>difficulty</u> with tasks involving several steps that need to be completed in a certain order	1	2	3	4	5
13. I have <u>difficulty</u> learning from my mistakes (I repeat the same mistake over and over again)	1	2	3	4	5
14. People that I meet sometimes seem to think that I am <u>more lively/wild</u> compared to others my age	1	2	3	4	5
15. I have <u>difficulty</u> motivating myself to do things that I do not like to do	1	2	3	4	5
16. <u>I find it difficult to start</u> a task if I am distracted by something more fun (e.g., I fail to start doing my homework and instead use my mobile device)	1	2	3	4	5
17. I have <u>difficulty</u> stopping an activity when asked to do so	1	2	3	4	5
18. I often get more <u>excited</u> compared to others my age if something special happens (e.g., parties, trips, birthdays, winning a game)	1	2	3	4	5
19. I fail to finish things that I have started	1	2	3	4	5
20. I put things off until the last minute	1	2	3	4	5

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