

IOWA SCALES OF PERSONALITY CHANGE

Joseph Barrash, PhD

Your description of your family member's or friend's behavior and how she may have changed since the onset of her neurological condition is an important contribution to her 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 her typical behavior in the years prior to the onset of the neurological condition.
 - (2) **Now:** Second, rate the characteristic as she is now by circling **the one rating** that best describes her behavior since the onset of her neurological condition.

You should rate her according to the way she is currently, regardless of why she is that way. Aspects of her behavior may be due to medications, inability to work, etc., but that doesn't matter. Rate her according to the way she 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 her exactly, just that the spirit of the examples fit her.***

The ratings of 2, 4, and 6 are available if you think her level of a characteristic is in between two of the ratings with descriptions. For example, if she has more irritability than described for "3" but less than "5," you would rate her 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 she 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 she was **BEFORE** developing her neurological condition.*

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

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

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

LACK OF INITIATIVE -- The extent to which she has difficulty getting started on tasks she should take care of, or getting herself going on activities she enjoys. *This difficulty is not simply because of memory problems; it may occur even when she is well aware of what she needs to get done — it reflects a problem with her getting herself 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 she was BEFORE developing her neurological condition.**
- (2) Second, please circle the one rating which best characterizes the way she is NOW, since developing her neurological condition.**

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

		<u>Before</u>	<u>Now</u>
She is very good about getting started on tasks that need to be done.	→	1	1
		2	2
She is about as good as most people at getting herself started on tasks that need to be done. Although she may not start on all tasks right away, she usually gets them completed when they need to be without having to be prompted by others.	→	3	3
		4	4
She often has difficulty getting herself started on a task or project, even when she is aware that she needs to get it done, or wants to get it done. As a result, she often requires some prompting to get to work on tasks for which she is responsible, or else they may not get done on time. Additionally, unless prompted by others, she may not engage in many recreational activities (other than very passive activities like watching TV). She might say that it would be “too much bother” to engage in activities which actually do not seem that demanding.	→	5	5
		6	6
She has a great deal of difficulty getting started with activities. This causes problems because, unless others nag her to get her started, she regularly does not get to work on tasks even when she knows they are important. She may have difficulty doing simple things that are part of her normal routine. For example, she may go days without taking a shower, brushing her teeth, or changing her clothes (unless prompted by someone else). Day after day, she may spend much of her time doing very little (such as watching a lot of TV or staying in bed much of the day).	→	7	7

PERSEVERATION (OVERLY REPETITIVE BEHAVIOR) -- The extent to which she 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 she was BEFORE developing her neurological condition.

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

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

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

DEPRESSION -- The extent to which her mood stays sad, her attitude is pessimistic, she is self-critical, and she 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 she was BEFORE developing her neurological condition.

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

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

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

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

Her mood is pretty good most of the time, and her mood is rarely down for long. She enjoys her usual activities as much as most people. She is pretty realistic in her expectations for how things will work out in the future. She does not criticize herself too often, and when she does it is usually for good reason.

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

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

IMPULSIVITY -- The extent to which she 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 she was BEFORE developing her neurological condition.

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

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

	<u>Before</u>	<u>Now</u>
→ She is not impulsive at all. She typically takes time to think through a situation and make a very sensible decision.	1	1
	2	2
→ She is not any more impulsive than most people.	3	3
	4	4
→ She acts more impulsively than most people. She tends to act without stopping to think over what she is about to do. As a result, she might make "stupid" mistakes. She may often do things because she wants to even if she knows it is not a good idea. For example, if she sees something that she wants in a store, she may go ahead and buy it even if it costs more than she can afford to spend and she doesn't really need it.	5	5
	6	6
→ She regularly does things on the spur of the moment just because "she felt like it" or did not think about it first, and this causes her problems. For example, she may buy things that she couldn't resist, but could not afford, and this may cause financial difficulties. Or, she may cause embarrassment to herself or her family or have gotten into legal difficulties because of impulsive behavior. For example, she might blurt out sexually suggestive comments or impulsively touch someone in an offensive way. Her impulsive behavior may even place her or others in risky or dangerous situations from time to time.	7	7

OBSESSIVENESS -- The extent to which she concerns herself with having things be "just so," gets wrapped up unnecessarily with unimportant details, and tends to think things over in her 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 she was **BEFORE** developing her neurological condition.*

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

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

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

MOODINESS -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*

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

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

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

LACK OF STAMINA -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*

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

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

She 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, she remains very energetic.

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

Her stamina is about as good as most people’s. When she has been in demanding circumstances, she gets about as exhausted or tired as you would expect from a woman her age.

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

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

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

You will be making 2 ratings for this characteristic:

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

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

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

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

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

She does not have difficulty completing chores or obligations. If she interrupts her work on a task, she will usually return to it in a reasonable period of time and complete the task.

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

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

LACK OF PLANNING -- The extent to which she fails to plan ahead for future activities or circumstances, and she 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 she was **BEFORE** developing her neurological condition.*

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

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

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

INFLEXIBILITY -- The extent to which she is stubborn about holding onto her opinions or having things her 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 she was BEFORE developing her neurological condition.

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

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

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

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

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

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

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

POOR JUDGMENT -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*

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

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

She has very good judgment.

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

Her judgment is about as good as most people's. In making a decision, she is usually able think of all the important factors, and to realize what the effects of her decisions are likely to be in the future.

She has some difficulty with her judgment. She might frequently make decisions that do not turn out very well, but do not cause serious problems. From time to time, she might make a bad decision that causes problems which are significant but not disastrous.

Her poor judgment tends to cause significant problems. Often, she makes a poor decision when a better decision would be obvious to most people. Her 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).

ANXIETY -- The extent to which she 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 she was BEFORE developing her neurological condition.

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

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

	<u>Before</u>	<u>Now</u>
She is not an anxious person at all and is rarely nervous, even in situations that would make most people anxious. While she may get concerned about a serious problem that she needs to do something about, she will think the problem through the best she can rather than spending time worrying about it.	→ 1	1
	2	2
She worries about as much as most people, and she does not get nervous very often.	→ 3	3
	4	4
She worries more than most people, often about things that are fairly unlikely to take place. Because of anxiety she may tend to be hesitant or unwilling to attempt activities that wouldn't bother most people. She may have difficulty relaxing sometimes because it may be difficult for her to stop thinking about her worries.	→ 5	5
	6	6
She is very anxious most of the time, and at least a little anxious almost all the time. She may get so anxious that she has trouble concentrating or thinking clearly. She has a lot of self-doubt, and she might often avoid activities because she is so anxious about how things will turn out. It is extremely difficult for her to get completely relaxed because she may not be able to set aside her worries.	→ 7	7

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

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

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

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

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

→

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

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

→

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

→

She is very insensitive to the feelings and circumstances of others. She 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. She frequently says or does things that hurt other people's feelings or irritate them. Even if she should know -- or it is pointed out to her -- that what she did was insensitive, she may continue to do the same sort of thing again and again.

→

SOCIAL INAPPROPRIATENESS -- The extent to which she 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 she was BEFORE developing her neurological condition.

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

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

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

DEPENDENCY -- The extent to which she depends on those around her to take care of her, make her feel better, and do things for her that she is capable of doing for herself.

You will be making 2 ratings for this characteristic:

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

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

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

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

IMPATIENCE -- The extent to which she 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 she was BEFORE developing her neurological condition.

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

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

	<u>Before</u>	<u>Now</u>
She is very patient, more patient than most people.	→ 1 2	1 2
She is about as patient as most people.	→ 3 4	3 4
She is more impatient than most people. For example, she often gets upset if she has to wait in a short line, or if service at a restaurant is a little slower than it should be. She may get upset by slow traffic even if she doesn't have to get some place by a particular time.	→ 5 6	5 6
She is extremely impatient. She gets impatient very frequently, often over minor delays that most people wouldn't think twice about. If she asks someone to do something for her, she tends to get upset if it takes longer than she thinks it should -- even if it is as fast as could be expected. When something is taking longer than it should, she tends to keep getting more and more upset rather than trying to accept the situation.	→ 7	7

"TYPE A" BEHAVIOR -- The extent to which she stays busy and is unable to relax because there is always "so much to get done" (whether or not she 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 she was **BEFORE** developing her neurological condition.*

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

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

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

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

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

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

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

UNEMOTIONAL -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*

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

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

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

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

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

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

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

SOCIAL WITHDRAWAL -- The extent to which, when she has a choice, she spends her time by herself 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 she was **BEFORE** developing her neurological condition.*

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

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

		<u>Before</u>	<u>Now</u>
She is very sociable. She enjoys being with groups of people, and frequently engages in group activities, even with groups of people she does not know very well.	→	1	1
		2	2
She enjoys socializing with family and friends.	→	3	3
		4	4
She seems to get less enjoyment than most people from socializing. With the exception of some close friends, she might not go out to socialize very frequently or have people over to visit very often. Even at home, she might not spend a lot of time doing things with her family.	→	5	5
		6	6
Most of the time she seems to find it a bother to socialize with other people. She spends most of her time by herself, and avoids going out to socialize. If she does get into a social situation, she may not participate and may want to leave before very long. She doesn't get together with good friends that often, either. She rarely invites others over to her place. Even at home, she may spend little time around her family.	→	7	7

AGGRESSION -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*
- (2) Second, please circle the one rating which best characterizes the way she is **NOW**, since developing her neurological condition.*

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

	<u>Before</u>	<u>Now</u>
She never acts in a physically aggressive manner. She is a very gentle person and is good at calming everyone down in upsetting circumstances.	→ 1	1
	2	2
She is not physically aggressive.	→ 3	3
	4	4
She has occasionally acted in a physically aggressive manner. On rare occasions, she 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, she may act in a mildly aggressive manner (that is, an action that might hurt for a few minutes but would not seriously injure somebody).	→ 5	5
	6	6
She is physically aggressive. On more than a few occasions she has been physically aggressive, sometimes in situations that would not make most people nearly so upset. Her aggression may have included actions that could have (or did) injure someone.	→ 7	7

INDECISIVENESS -- The extent to which she 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 she was BEFORE developing her neurological condition.

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

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

	<u>Before</u>	<u>Now</u>
She makes decisions easily, even important decisions.	→ 1 2	1 2
She makes most decisions about as easily as anyone else.	→ 3 4	3 4
She often has more difficulty than most people making decisions. She takes longer to arrive at many decisions than most people would, and she may change her mind a lot. She may often put off making decisions, even decisions that should not be that difficult.	→ 5 6	5 6
She regularly has great difficulty making decisions, even about simple matters. She 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 her decide, or make the decision for her.	→ 7	7

VANITY -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*

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

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

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

SUSPICIOUSNESS -- The extent to which she mistrusts others, and believes that others are trying to cause her problems.

You will be making 2 ratings for this characteristic:

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

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

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

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

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

You will be making 2 ratings for this characteristic:

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

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

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

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

FRUGALITY -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*

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

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

She is not concerned with the price of things. Regardless of the item, she usually prefers to buy brands that cost more rather than the least expensive brands because she assumes they will be better.

Before **Now**

→ 1 1

2 2

She tries to spend her money wisely, but she is not overly concerned about saving as much money as she can. She sometimes buys a higher priced brand if she has a particular reason, and it is not difficult for her to spend money on entertainment.

→ 3 3

4 4

She is very careful about how she spends her money. Before buying even inexpensive items, she will get prices from several stores, and buy the cheapest. She is strongly against spending any money that she doesn't have to.

→ 5 5

6 6

She is extremely concerned with saving money well beyond her financial need to do so, and will go to great lengths to save small amounts of money. She 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, she might drive miles out of her way to buy gasoline at a gas station with prices a few cents a gallon cheaper.

→ 7 7

INAPPROPRIATE EMOTION -- The extent to which she 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 she was **BEFORE** developing her neurological condition.*

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

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

		<u>Before</u>	<u>Now</u>
Her emotional behavior is always appropriate for the situation.	→	1	1
		2	2
Her emotional behavior almost always matches the feelings that most people would have in the same situation. For example, like many people, if she is feeling nervous she may have a nervous smile or laugh.	→	3	3
		4	4
On occasion, her emotional behavior is noticeably inappropriate for the situation. For example, she may smile broadly or laugh when talking about something sad or upsetting. Or, she might look sad in a situation that most people would not find sad.	→	5	5
		6	6
Her emotional behavior is frequently very inappropriate for the situation. For example, she may smile or laugh in very sad situations, or she 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 she tries to get people to do what she 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 she was **BEFORE** developing her neurological condition.*

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

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

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

EASILY OVERWHELMED -- The extent to which she is easily overwhelmed by demands on her, 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 she was **BEFORE** developing her neurological condition.*

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

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

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

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

You will be making only 1 rating for this characteristic:

Please circle the one rating which best characterizes the way she is NOW, since developing her neurological condition.

Guidelines/Examples for “Now” ratings

She has a good understanding of the changes and problems which have occurred in her thinking and behavior since the onset of her neurological condition, and she often talks about how they affect her life.

→

1

2

She has a fairly good understanding of the changes and problems which have occurred in her thinking and behavior since the onset of her neurological condition, and she occasionally talks about how they affect her life.

→

3

4

She has limited awareness of changes in her thinking and behavior which have occurred since the onset of her neurological condition, and problems these changes may have caused. Even if she recognizes that these changes contribute to a difficulty she is having with a situation (whether a task, a relationship, or just managing things in her life), she may still blame the difficulty on "circumstances" or on other people. When faced with clear evidence, she may admit to having more of a problem since she developed the condition, but she usually underestimates the change and how it interferes with day-to-day life.

→

5

6

She has extremely poor awareness of changes in her thinking and behavior which have occurred since the onset of her neurological condition, and problems these changes may have caused. She usually denies having any problem despite clear evidence to the contrary. If she does recognize that she is having difficulty with activities she should be able to do, she almost always thinks that it is because of "circumstances" or someone else's doing, and she does not seem to understand how she contributes to her difficulty.

→

7

Which statement best describes your relationship with her?

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

Have there been any changes in her 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 her problem very well? (Please explain.)