

### Brain Function Questionnaire - Depression

Please rate yourself on each question using the scale below for a more balanced assessment, ask someone who knows you well such as your partner, a friend or relative, to rate you on each question as well. It's important that you answer these questions when you are not in either a low or over-happy mood, otherwise your answers will distort the results.

The boxes below are broken into segments because each section relates to different areas of the brain. You may find some of the questions are repeated in a different section, this is because some symptoms overlap into other areas on the brain.

This questionnaire is from the book "Depression Beater" by Nicole Oliver.

0	1	2	3	4	5	D/K
Never	Rarely	Occasionally	Regularly	Frequently	Always	Don't Know

Do you;

**A.**

1.	Have trouble maintaining attention?	
2.	Find yourself easily distracted?	
3.	have difficulty learning new things?	
4.	Find it hard to learn from your mistakes?	
5.	Have difficulty finishing projects or tasks you've started?	
6.	Lack clear goals?	
7.	Find it difficult to plan ahead?	
8.	Run late for meetings/appointments?	
9.	Find yourself unaware of things happening around you?	
10.	Find that your life is driven by routine?	

Total score:

**B.**

11.	Feel lethargic?	
12.	Lack motivation	
13.	Lack spontaneity?	
14.	Lack interest in things?	
15.	Prefer not to move very much?	
16.	Feel you talk too little?	

Total score:



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**C.**

17.	Feel you talk too much?	
18.	Behave impulsively (say or do things without thinking them through)?	
19.	Have trouble feeling empathy for others?	
20.	Have difficulty reading other people's body language and facial expressions?	
21.	Feel restless?	
22.	Feel board?	
23.	Interrupt others in conversation, finish other people's sentences or blurt out the answer before the question has been completed?	
24.	Have difficulty waiting your turn?	
25.	Have difficulty talking about your feelings?	
26.	Find it difficult to see another person's perspective?	
27.	Find it difficult to delay gratification (you want something right now, not later)?	
28.	Fail to recognise that someone is sad or angry?	
29.	Over-react?	
30.	Burst into tears for no apparent reason?	
31.	Sulk about seemingly minor things?	
32.	Have a childish, sometimes in appropriate sense of humour?	
33.	Make a lot of bad decisions, because you haven't thought them through properly?	
34.	Eat too much?	
35.	Have difficulty achieving orgasm?	
36.	Get accused of being insensitive?	
37.	Dislike large social gatherings?	
38.	Misinterpret things people say or take things too literally?	
39.	Become easily offended?	
40.	Seek or start conflict?	
41.	Need caffeine or nicotine in order to concentrate?	

Total score:

**D.**

42.	Have episodes of euphoria?	
43.	Behave aggressively?	
44.	Find it difficult to understand other people's emotions from their speech?	
45.	Become easily angered?	
46.	Become irritable?	
47.	Have tendencies towards road rage?	
48.	Have poor memory for smells?	
49.	Have ringing in your ears (tinnitus)?	
50.	Have dark or violent thoughts?	
51.	Have mild paranoia?	



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52.	Have déjà vu experiences (the feeling you have been somewhere before when you haven't)?	
53.	Experience moments of jamais vu (momentarily not recognising a word person or place that you already know)?	
54.	Suffer from forgetfulness or memory problems?	
55.	Have very strong emotional responses to certain things you hear or see?	
56.	Have erratic, unpredictable mood swings?	
57.	Hallucinate or hear voices that are not there?	
58.	Find it hard to hear low tones or deep voices?	
60.	Have difficulty remembering people's names?	
61.	Have difficulty recognising the faces of people you have met before?	

Total score:

#### E.

62.	Have an inflexible mindset (difficult 'going with the flow')?	
63.	Dislike change?	
64.	Become very upset when things don't go or aren't done your way?	
65.	Intensely dislike things being out of place?	
66.	Hold grudges and are 'unable to let go'?	
67.	Have perfectionist tendencies?	
68.	Have obsessive tendencies?	
69.	Have workaholic tendencies/find it difficult to stop working?	
70.	Worry excessively?	
71.	Immediately say 'no' when someone asks you for something or to do something without really thinking it through?	
72.	View nearly everything that isn't perfect as inadequate?	
73.	Get stuck on negative thoughts?	
74.	Have difficulty shifting attention does your mind keep drifting back to what you were doing/thinking about before)?	
75.	Over-analyse ?	
76.	Tend to be very self-critical?	
77.	Lack confidence in your own abilities?	
78.	Have difficulty accepting compliments?	
79.	Have a tendency to be oppositional or argumentative?	

Total score:



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**F.**

80.	Feel nervous or anxious?	
81.	Feel panicky?	
82.	Startle easily?	
83.	Predict the worst?	
84.	Have a lot of muscle tension?	
85.	Expect the worst?	
86.	Worry excessively about what others think of you?	
87.	Have difficulty getting to sleep at night?	
88.	Find your eyes are very light-sensitive?	
89.	Have an exaggerated fear response (excessive sweating, racing heart, rapid breathing) when faced with a new or unknown situation?	
90.	Have high blood pressure?	
91.	Consider yourself over-sensitive to pain?	
92.	Have palpitations (awareness of your heart heating)?	
93.	Have an irregular heartbeat?	
94.	Have a very rapid heartbeat?	

Total score:

**G.**

95.	Dislike unfamiliar situations?	
96.	Fail to see the 'big picture' of events or situations?	
97.	Speak in a monotone voice?	
98.	Daydream excessively?	
99.	Deliberately do things that make you unhappy?	
100.	Get lost easily/have poor sense of direction?	
101.	Fail to understand humour?	
102.	Focus on small, unimportant details?	
103.	Feel the need to explain something or make a decision even when you do not have all the necessary information?	
104.	If right-handed, do you use that hand much more than your left (and vice-versa)?	
105.	Find it extremely difficult to read something that is upside down?	
106.	Prefer drawing or writing on the right side of the paper?	
107.	See yourself as too fat or too thin when you are not?	
108.	Make a lot of excuses?	
109.	Tend to be unsocial?	
110.	Feel that you don't understand your purpose in life?	
111.	Find it difficult to predict what others will do/how they will react?	
112.	Find it hard to pretend-play?	
113.	Have difficulty understanding jokes or sarcasm?	
114.	Find it difficult to cry?	



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115.	Bump into things that are on your left hand side?	
116.	Find it difficult to talk about your feelings or fantasies?	
117.	Think in a very logical and analytical manner?	
118.	Have a tendency towards bad posture?	
119.	Deposit fat easily around the waist?	
120.	Have a tendency towards autoimmune diseases, such as Hashimoto's thyroiditis, pernicious anaemia, Addison's disease, type 1 diabetes, rheumatoid arthritis, systemic lupus erythematosus, dermatomyositis, Sjogren syndrome, multiple sclerosis, reactive arthritis, Grave's disease, ulcerative colitis or Coeliac disease (gluten allergy)?	

Total Score:

#### H.

121.	Have reading difficulties?	
122.	Have difficulty finding the right words, even though you know what you want to say?	
123.	Have difficulty remembering facts and figures?	
124.	Have difficulty with math calculations?	
125.	Have difficulty understanding what someone is saying even though you can hear them well?	
126.	Have a hard time paying close attention to detail?	
127.	Miss small details, but see the 'bigger picture'?	
128.	Have difficulty remembering people's names?	
129.	Have difficulty focusing on small details?	
130.	Like drawing pictures?	
131.	Enjoy music?	
132.	Need to be told something several times before you understand it?	
133.	Neglect to take care of your personal appearance?	
134.	Stutter?	
135.	Have difficulty writing?	
136.	Have poor hand writing?	
137.	Bump into things that are on your right hand side?	
138.	Use your left a lot/are you left handed?	
139.	Get writer's cramp?	
140.	Catch colds easily?	
141.	Get ear infections/did you get ear infections as a child?	

Total Score:



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**I.**

142.	Take a lot of risks or have a lack of fear?	
143.	Have a tendency to be overly positive or optimistic and behave in a silly/giddy fashion?	
144.	Have sudden severe mood swings?	
145.	Feel that you are invisible and could take on anyone or anything?	
146.	Have excessive amounts of energy and not feel the need to sleep?	

Total Score:

**J.**

147.	Feel sad?	
148.	Have a tendency to be withdrawn and shy?	
149.	Have a tendency to be excessively cautious?	
150.	Have a tendency to be pessimistic?	
151.	Tend to be very negative?	
152.	Have difficulty finding pleasure in things?	
153.	Show very little affection for other people?	

Total Score:

**K.**

154.	Have poor co-ordination or clumsiness?	
155.	Find it hard to catch a ball?	
156.	Have 'two left feet' (find dancing very difficult)?	
157.	Fall over?	
158.	Bump into things?	
159.	Find learning a new sport or a new skill difficult?	
160.	Have poor balance?	

Total Score:



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**L.**

Have you been diagnosed with,

		YES	NO
161.	Dyslexia?		
162.	Attention deficit hyperactive disorder (ADHD)?		
163.	Attention deficit disorder (ADD)?		
164.	Dyspraxia?		
165.	Epilepsy?		
166.	Depression?		
167.	Anxiety?		
168.	Obsessive compulsive disorder (OCD)?		
169.	Schizophrenia?		
170.	Dementia?		
171.	Alzheimer's Disease?		
172.	Parkinson's Disease?		
173.	Diabetes?		
174.	Overactive thyroid (hypothyroidism)?		
175.	Overactive thyroid (hyperthyroidism)?		
176.	Fibromyalgia?		
177.	Chronic fatigue syndrome?		
178.	Anaemia?		



## Interpretation guide

This questionnaire is designed to be interpreted by trained professionals (i.e. neurologists, psychiatrists, psychologists) on a question by question basis. The table below will only give a rough guide as to where in the brain a problem may be: it is by no means a substitute for a proper diagnosis and should not be used to select or discontinue any method of treatment.

Section	Total Score	Score Indicating Possible problem	Nature of suggested problem
A		Above 20	Underactive dorsolateral prefrontal area of the frontal lobe (can occur in all types of depression)
B		Above 12	Underactive dorsomedial prefrontal area of the frontal lobe (can occur in all types of depression)
C		Above 50	Underactive orbitofrontal, prefrontal area of the frontal lobe (common in 'right-brain' depression)
D		Above 40	Temporal lobe problem
E		Above 34	Over-activity in anterior cingulate/orbitofrontal cortex and basal ganglia (common in left-brain depression).
F		Above 32	Overactive 'fight-or-flight' response (over-active basal ganglia and limbic system)
G		Above 90	Underactive right-brain
H		Above 70	Underactive left-brain
I		Above 10	Overactive right brain (common in 'manic depression')
J		Above 14	Underactive left limbic system/overactive right limbic system (all types of 'atypical' depression)
K		Above 14	Cerebellar (balance centre) problem
L		The more 'yes' answers you have, the more predisposed to depression you are.	



## How this brain function questionnaire relates to depression

As mentioned earlier, this questionnaire serves as a rough guide only as to which area(s) of the brain may not be working as well as they should. It's not possible to make a fully accurate diagnosis from this questionnaire alone.

Although we have divided depression into different categories, i.e. right –brain, left-brain, melancholic, manic etc, there is frequently overlap between the categories. People seldom exactly fit the mould and diagnosing depression is not a black-and-white process. With regard to the above questionnaire I have roughly outlined how a classic, text-book case of each category of depression might score.

- In classic right-brain depression, high scores are likely to be found in sections A, C, G and J. Frequently seen features are poor attention, poor concentration, impulsiveness, distractibility, restlessness, boredom, difficulty completing tasks that they have started and difficulty learning new skills.
- In classic left-brain depression, high scores are likely in sections E, G, J. These people are rigid in their thoughts and actions, likely to be dominated by routine and are unable to alter their behaviour. They can be over-critical of themselves, concerned with how adequate they feel, have self-defeating thought and low self-confidence. They'll focus excessively on negative aspects of their life, have obsessive negative thinking and reduced positive emotions.
- In melancholic depression, high scores are likely in sections B and J.
- In manic depression, high scores are seen in section 1, with high scores also common in sections A, C, D, F and H.
- If the temporal lobe is contributing to depression, high scores are likely in section D.



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