

## ADHD & Autism spectrum conditions – Observation schedule (A&O)

Pat: \_\_\_\_\_ Nr: \_\_\_\_\_ Examiner: \_\_\_\_\_ Date: \_\_\_\_\_

This evaluation scale is constructed to be used as an **aid in the assessment** of psychiatric patients. The patient's behaviour in conversation/s and meeting/s is assessed – at the clinic, when visited at home or in other circumstances. The information collected by the use of this scale is part of the psychiatric status. This information should not consist of interpretations but observations of behaviours only. The assessment can be made at one single occasion, or can be a summary of the patient's behaviour during several visits. Naturally, observations by more than one examiner will enhance the accuracy of the assessment. None of the behaviours mentioned in the scale is by itself or together with others pathognomonic for any certain diagnosis, and the scale can absolutely **not** by itself be used as basis for diagnosis. It **must** in that case be supplemented with other assessments and a detailed developmental history. Also, the scale is not decisive for differential diagnosis.

### A Symptoms/behaviours which can be seen in, among others, ADHD

#### 1. Impulsivity

*The person interrupts, does not wait for answers, easily associates to new topics which brings unexpected "leaps" in the conversation, or carefully considers his/her answers and other input.*

<u>Carefully considering</u>					"normal"			<u>Extremely impulsive</u>
-4	-3	-2	-1	0	1	2	3	4

#### 2. Energy resources

*The person seems tired and listless, or has an abundance of mental energy, assessed by body language*

<u>Unenergetic</u>					"normal"		energetic	<u>"Highly strung"</u>
-4	-3	-2	-1	0	1	2	3	4

#### 3. Level of activity

*The person's level of physical activity, judged by his/her fidgeting and pottering, doodling, weighing on chair etc, in contrast to being calm and relaxed, appropriately active or mainly sitting calmly*

<u>Underactive</u>					"normal"			<u>Extremely overactive</u>
-4	-3	-2	-1	0	1	2	3	4

#### 4. Contact inclination

<u>No interest in contact</u>					"normal"		talkative	<u>Uncritical</u>
-4	-3	-2	-1	0	1	2	3	4

#### 5. Affect variation

*The person shows alterations in mood during conversation or has a constant mood level*

<u>None</u>					"normal"			<u>Extreme variation</u>
-4	-3	-2	-1	0	1	2	3	4

#### 6. Irritability

*Calm or irritated attitude during the visit*

<u>Extremely calm</u>					"normal"		easily disturbed	<u>Irritable, explosive</u>
-4	-3	-2	-1	0	1	2	3	4

#### 7. Carefulness

*The person's way of filling in forms, hanging/putting on his/her overcoat, folds a newspaper, puts a letter in an envelope etc*

<u>Extremely careful</u>					"normal"		"a little careless"	<u>Extremely careless</u>
-4	-3	-2	-1	0	1	2	3	4

#### 8. Personal grooming

*The person is carefully groomed in clothing, makeup, hairstyle, choice of clothing or has a slovenly appearance*

<u>Perfectionistic appearance</u>					"normal"			<u>Extremely careless</u>
-4	-3	-2	-1	0	1	2	3	4

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### B Symptoms/behaviours which can be seen in, among others, autism spectrum disorders

#### 9. Flexibility

*The person's reaction to change of plans, surprises; ability to think along new lines*

<u>Extremely rigid</u>	"normal"				<u>Extremely volatile</u>			
-4	-3	-2	-1	0	1	2	3	4

#### 10. Affective mutuality

*Affective attunement, responds intuitively and smoothly to the other person's body language.*

*Feels the atmosphere in the room, has an ear for behaviours or lacks this ability*

<u>No attunement skills</u>	"normal"				<u>Very good skills</u>			
-4	-3	-2	-1	0	1	2	3	4

#### 11. Body language

*Mannerisms, unusual gestures or obvious lack of body language*

<u>Very unusual</u>	"normal"			
-4	-3	-2	-1	0

#### 12. Facial expressions and eye contact

<u>Very unusual</u>	"normal"			
-4	-3	-2	-1	0

#### 13. Tone of voice

*Shrill, monotonous, mumbling etc*

<u>Very unusual</u>	"normal"			
-4	-3	-2	-1	0

#### 14. Turntaking in conversation

*Reciprocally alternating in a smooth, constructive manner or speaks in monologues*

<u>Monologue</u>	"normal"			
-4	-3	-2	-1	0

#### 15. Vocabulary

*Careful choice of words, possibly overformal with complicated, unusual words*

<u>Very unusual</u>	"normal"			
-4	-3	-2	-1	0

#### 16. Conventionalism

<u>Extremely odd</u>			"special"	"normal"			<u>Obviously conventional</u>	
-4	-3	-2	-1	0	1	2	3	4

#### 17. Ability to accept advice

*Ability to listen and reflect on other people's suggestions; ability to alter his/her course*

<u>No ability</u>	"normal"				<u>Extremely flexible</u>			
-4	-3	-2	-1	0	1	2	3	4

#### 18. Ability to give his/her history

*Ability to give relevant information without unnecessary detours/details, in limited time*

<u>Unable</u>	"normal"				<u>Excellent</u>			
-4	-3	-2	-1	0	1	2	3	4

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### C Other observations of interest for evaluation and for planning of services/treatment.

#### 19. Sense of time

*Arrives late, unable to manage his/her time, unable to close on time*

	<u>”normal”</u>		<u>Very deficient</u>
	0	1	2
			3
			4

#### 20. Sensitivity to stress

*Appears to be calm in every situation, or seems easily distressed*

				<u>”normal”</u>					<u>Extremely sensitive to stress</u>
<u>Seemingly insensitive to stress</u>				0	1	2	3	4	
-4	-3	-2	-1						

#### 21. Self confidence

*Very confident*

				<u>”normal”</u>					<u>Extremely unsure</u>
-4	-3	-2	-1	0	1	2	3	4	

#### 22. Maturity

*Behaviour and emotional maturity in relation to the person’s chronological age*

				<u>”normal”</u>					<u>Extremely immature</u>
<u>More mature than age</u>				0	1	2	3	4	
-4	-3	-2	-1						

#### 23. Inclination to make demands

				<u>”normal”</u>		<u>demanding</u>		<u>Very demanding</u>	
<u>Compliant/subdued</u>	<u>easily satisfied</u>			0	1	2	3	4	
-4	-3	-2	-1						

#### 24. Ability to become enthusiastic

*The person’s inclination to become interested and engaged*

				<u>”normal”</u>					<u>Unable</u>
<u>Extremely easily enthusiastic</u>				0	1	2	3	4	
-4	-3	-2	-1						