



Oxford CBT

Childhood Behaviour Scale – self-report

Patient Name

Today's Date

Instructions:

Please circle the number next to each item that best describes your behaviour when you were a child. PLEASE RATE YOUR BEHAVIOUR BETWEEN 7 and 12 YEARS OF AGE

Items	Never or rarely	Sometimes	Often	Very often
1 Failed to give close attention to details or made	0	1	2	3
2 Fidgeted with hands or feet or squirmed in seat	0	1	2	3
3 Had difficulty sustaining my attention in tasks or fun	0	1	2	3
4 Left my seat in classroom or other situations in which sitting was expected	0	1	2	3
5 Didn't listen when spoken to directly	0	1	2	3
6 Restless in the 'squirmy' sense	0	1	2	3
7 Didn't follow through on instructions and failed to finish work	0	1	2	3
8 Had difficulty engaging in leisure activities or doing fun things quietly	0	1	2	3
9 Had difficulty organising tasks and activities	0	1	2	3
10 Felt 'on the go' or acted as if 'driven by a motor'	0	1	2	3
11 Avoided, disliked or was reluctant to engage in work that required sustained mental effort	0	1	2	3
12 Talked excessively	0	1	2	3
13 Lost things necessary for tasks or activities	0	1	2	3
14 Blurted out answers before questions had been completed	0	1	2	3
15 Easily distracted	0	1	2	3
16 Had difficulty awaiting turn	0	1	2	3
17 Forgetful in daily activities	0	1	2	3
18 Interrupted or intruded on others	0	1	2	3

To what extent did the problems you may have circled on the previous page interfere with your ability to function in each of these areas of life activities when you were a child between 7 and 12 years of age?

Areas		Never or rarely	Sometimes	Often	Very often
1	In your home life with your immediate family	0	1	2	3
2	In your social interactions with other children	0	1	2	3
3	In your activities or dealings in the community	0	1	2	3
4	In school	0	1	2	3
5	In sports, clubs or other organisations	0	1	2	3
6	In learning to take care of yourself	0	1	2	3
7	In your play, leisure or recreational activities	0	1	2	3
8	In your handling of your daily chores or other responsibilities	0	1	2	3

The scale ranges from 0 = never exhibiting the behaviour to 3 = occurs up to several times an hour/day. The higher the score the more likely that there are symptoms of ADHD and therefore likely to benefit from a proper diagnostic assessment. These scales are not diagnostic but merely to help with screening assessments.