

Executive skills questionnaire

Name _____ Date _____

This questionnaire assesses your executive skills. Read each of the statements and mark the box that best describes your behaviour at present. It might be helpful to ask someone who knows you well to complete the questionnaire and fill in the independent scorer column.

Scoring Agree = 2 Partially agree = 1 Disagree = 0

Question	Score					
	Self-score			Independent scorer		
	Agree	Partially agree	Disagree	Agree	Partially agree	Disagree
1 I have difficulty planning and organising.						
2 I have difficulty doing more than one thing at a time.						
3 I have difficulty weighing up the pros and cons, deciding on what is important and making decisions.						
4 I sometimes misinterpret the actions of others and 'get the wrong end of the stick'.						
5 I am more impulsive, acting without thinking of the consequences.						
6 I often 'go off at tangents', or move too quickly from one idea to the other in conversation.						
7 I have difficulty summarising information, 'getting to the point', or 'seeing the wood from the trees'.						
8 I tend to hold firm, 'black and white' or rigid views.						
9 I have problems planning realistic goals, and working out the steps to achieve those goals.						
10 I sometimes have difficulty switching attention quickly in a fast-flowing conversation.						
TOTAL SCORE						

INTERPRETATION

Self-score

10–20: This suggests that your executive skills could be improved.

Discrepancy between self-score and independent score

5–20: This suggests that you may not be fully aware of your executive skills problems, or are denying them.

How relevant did you find this sheet? Very Slightly Not very What was the most important point for you?

Executive skills quiz

1 How bad do you think your executive skills are, compared with before your injury?

The same Slightly worse Much worse

2 From the list below, mark those skills that are executive skills with a tick:

Planning and organising	Doing two things at the same time
Remembering your childhood	Seeing both sides of an argument
Speaking a foreign language	Making decisions
Noticing when you make a mistake	Working towards set goals
Good eyesight	The ability to summarise information

3 Which part of the brain do executive skills tend to be associated with?

4 What do the managing director of a company, a military general, and the conductor of an orchestra have in common, with the frontal lobes of the brain?

5 Identify three practical strategies you could use to help with, or compensate for, your executive skills difficulties.

6 Which of the following jobs would be most suited to, and least suited to, a person with significant executive skills deficits? Rank in order and then discuss.

	Working on the till in a busy McDonalds restaurant
	Working in a garden centre looking after the bedding plants
	Managing a large furniture removals company

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