

## Barkley Deficits In Executive Functioning Scale Bdefs For Adults

Barkley Deficits In Executive Functioning Scale Bdefs For Adults barkley deficits in executive functioning scale bdefs for adults have become an increasingly important topic in the fields of psychology and mental health. As adults face growing demands in their personal, academic, and professional lives, understanding the nuances of executive functioning and its deficits is essential for diagnosis, treatment, and support. The Barkley Deficits in Executive Functioning Scale (BDEFS) is a comprehensive tool designed to assess these deficits, offering valuable insights into how executive dysfunction manifests in adults. This article explores what the BDEFS measures, its significance, and how it can be used to improve outcomes for adults experiencing executive functioning challenges.

### Understanding Executive Functioning and Its Role in Adults

What is Executive Functioning? Executive functioning refers to a set of cognitive processes that enable individuals to plan, organize, problem-solve, regulate behavior, and adapt to new or complex situations. These skills are crucial for managing everyday tasks such as maintaining employment, managing finances, maintaining relationships, and self-care.

### The Impact of Executive Dysfunction in Adults

When executive functioning is impaired, adults may struggle with:

- Time management and punctuality
- Organizing tasks and priorities
- Impulsivity and emotional regulation
- Memory and attention
- Following through on commitments

These challenges can significantly affect quality of life, relationships, and overall functioning.

### The Barkley Deficits in Executive Functioning Scale (BDEFS)

What Is the BDEFS? The Barkley Deficits in Executive Functioning Scale, developed by Dr. Russell Barkley, is a standardized assessment tool designed to measure executive functioning deficits in 2 adults. It evaluates various domains of self-regulation and executive skills that are often impaired in conditions such as ADHD, traumatic brain injury, and other neurodevelopmental or psychiatric disorders.

### Components and Structure of the BDEFS

The BDEFS encompasses multiple subscales that address specific areas of executive functioning, including:

- Self-management of daily responsibilities
- Self-regulation of emotions and impulses
- Self-organization and problem-solving
- Self-motivation and persistence
- Time management and planning

The assessment typically involves self-report questionnaires, but may also include reports from close relatives or colleagues to provide a comprehensive view.

### Interpreting BDEFS Scores and What They Reveal

Understanding the Scoring System The BDEFS uses a Likert scale to quantify the severity of executive functioning deficits. Higher scores generally indicate more significant challenges in particular areas. Clinicians analyze the scores to identify patterns and pinpoint specific deficits.

### Common Findings in Adults with Executive Functioning Deficits

Research and clinical experience show that adults with high BDEFS scores often experience:

- Difficulty initiating tasks
- Procrastination and poor time management
- Impulsivity

and emotional outbursts Forgetfulness and disorganization Difficulty maintaining focus and attention Recognizing these patterns helps tailor interventions to individual needs.

**Using BDEFS in Clinical Practice and Self-Assessment Clinical Applications** The BDEFS is a valuable tool for clinicians diagnosing executive functioning deficits, especially in adults suspected of having ADHD or other neuropsychological conditions. It aids in:

- Formulating comprehensive treatment plans
- Tracking progress over time
- Identifying specific areas for targeted intervention

**Self-Assessment and Empowerment** For adults, taking the BDEFS can serve as an initial step toward understanding personal challenges. Self-assessment encourages awareness and can motivate individuals to seek appropriate support or implement self-help strategies.

**Strategies for Managing Executive Function Deficits Based on BDEFS Results** Developing Personalized Coping Strategies Once deficits are identified via the BDEFS, adults can develop strategies such as:

- Using planners or digital reminders for time management
- Breaking down complex tasks into smaller, manageable steps
- Implementing routines to enhance organization
- Practicing mindfulness and emotional regulation techniques
- Seeking coaching or therapy focused on executive functioning skills

**Leveraging Support Systems** Support from family, friends, or professional coaches can provide accountability and encouragement. Support systems are vital in reinforcing new habits and managing challenges identified through BDEFS assessments.

**Limitations of the BDEFS and Considerations** Potential Limitations While the BDEFS is a robust tool, it has limitations such as:

- Reliance on self-reporting, which may be biased or inaccurate
- Variability in interpretation without clinical expertise

Not a standalone diagnostic tool; should be used alongside other assessments

**4 Considerations for Use** Professionals should interpret BDEFS results within the broader context of clinical interviews, neuropsychological testing, and observation. Adults should also consider cultural, educational, and socioeconomic factors that may influence responses.

**The Future of Executive Function Assessment and Interventions** Advances in Assessment Tools Emerging technologies and research are improving how we assess executive functioning, integrating neuroimaging and digital phenotyping with traditional scales like the BDEFS.

**Innovative Interventions** New approaches, including cognitive training programs, app-based reminders, and virtual coaching, are expanding options for adults to strengthen executive skills based on assessment outcomes.

**Conclusion** barkley deficits in executive functioning scale bdefs for adults serve as a crucial resource in understanding and addressing the challenges faced by adults with executive dysfunction. By providing a structured way to evaluate areas such as self-regulation, organization, and impulse control, the BDEFS empowers clinicians and individuals alike to develop targeted strategies for improvement. Recognizing these deficits early and implementing personalized interventions can significantly enhance quality of life, productivity, and emotional well-being. As research continues to evolve, the integration of assessment tools like the BDEFS with innovative therapies holds promise for more effective management of executive functioning deficits in adults.

**Question/Answer** What is the Barkley Deficits in Executive Functioning Scale (BDEFS) for adults? The BDEFS is a standardized assessment tool designed to measure executive functioning deficits in adults, helping to identify challenges in areas like organization, impulsivity, and self-regulation. How is the BDEFS used in clinical settings for adults? Clinicians utilize the BDEFS to evaluate executive functioning impairments, inform diagnosis of conditions such as ADHD, and develop tailored intervention strategies. What

are the key domains assessed by the BDEFS? The BDEFS assesses domains including self- management, self-regulation of emotions, self- motivation, organization, and time management. 5 Can the BDEFS help differentiate between ADHD and other cognitive issues in adults? Yes, the BDEFS can highlight specific executive functioning deficits common in ADHD, aiding clinicians in differentiating it from other conditions with overlapping symptoms. Are there different versions of the BDEFS for self-report and observer-report? Yes, the BDEFS has self-report and observer-report versions, allowing for comprehensive assessment from the individual and close contacts such as family or colleagues. How reliable and valid is the BDEFS for adult populations? Research indicates that the BDEFS demonstrates strong reliability and validity in assessing executive functioning deficits among adults, making it a reputable tool in psychological evaluations. What are common challenges adults face when scoring high on the BDEFS? Adults with high scores often struggle with organization, time management, impulse control, and emotional regulation, which can impact daily functioning and quality of life. How can results from the BDEFS inform treatment planning for adults? Results identify specific executive functioning weaknesses, enabling clinicians to tailor interventions such as cognitive-behavioral therapy, coaching, or skill- building strategies to individual needs.

**Understanding Barkley Deficits in Executive Functioning Scale (BDEFS) for Adults: A Comprehensive Guide**

Executive functioning skills are crucial for managing daily life, work responsibilities, social interactions, and personal organization. When these skills are impaired, individuals can experience significant challenges that impact their quality of life. The Barkley Deficits in Executive Functioning Scale (BDEFS) offers a structured way to assess these difficulties, particularly in adults. This article provides a detailed exploration of the BDEFS, its significance, how it is used, and what the results can tell us about executive functioning deficits in adult populations.

--- What is the Barkley Deficits in Executive Functioning Scale (BDEFS)? The Barkley Deficits in Executive Functioning Scale (BDEFS) is a self-report questionnaire developed by Dr. Russell Barkley, a renowned researcher in ADHD and executive functioning. The scale is designed to evaluate a person's perceived difficulties in various domains of executive functioning, such as self- regulation, organization, time management, and impulse control. Originally created for children and adolescents, the BDEFS has been adapted for adults to better understand how executive functioning deficits manifest across the lifespan. It provides a nuanced profile of executive functioning skills or challenges, which can inform diagnosis, intervention planning, and self-awareness.

**Why is the BDEFS Important for Adults?**

Executive functioning deficits in adults can be subtle or overt, influencing many areas of life including:

- Work performance
- Personal organization
- Relationship management
- Time management
- Decision-making

By utilizing the BDEFS, clinicians and individuals themselves can identify specific areas of difficulty, track changes over time, and tailor interventions accordingly. It also helps distinguish between ADHD-related impairments and other cognitive or psychological issues.

--- **Structure of the BDEFS for Adults**

**The Core Domains Assessed**

The adult BDEFS covers multiple facets of executive functioning, typically including:

- Self-Management to Time and Tasks: Difficulties with planning, prioritizing, and completing tasks.
- Self-Organization and Problem Solving: Challenges with organizing thoughts, materials, or environments.
- Self-Restraint and Impulsivity: Struggles with impulse control, emotional regulation, and acting without thinking.

Self- Motivation and Emotional Regulation: Problems staying motivated or managing emotional responses. - Self-Discovery and Self-Management: Awareness of behavior, self-monitoring, and adaptive strategies. Format and Scoring The BDEFS typically consists of a series of statements that respondents rate based on how often they experience each difficulty, often on a 4-point Likert scale: - Never or Rarely - Sometimes - Often - Very Often Higher scores indicate greater perceived deficits in executive functioning. The scale yields both a total score and subscale scores, helping to pinpoint specific areas of concern. --- How to Use the BDEFS in Practice Administration The BDEFS can be administered in various settings, including clinical evaluations, research studies, or self-assessment. It can be completed online, on paper, or as part of a broader neuropsychological assessment. Interpretation of Results Interpreting BDEFS scores involves examining: - Total scores: Overall level of executive functioning difficulties. - Subscale scores: Specific domains where deficits are most prominent. - Comparison to normative data: Benchmarks based on adult populations to determine the severity and impact of difficulties. Higher scores generally suggest more significant executive functioning challenges, which may warrant further assessment or intervention. - -- Common Areas of Difficulty Identified by the BDEFS Adults with elevated BDEFS scores often report struggles in the following areas: 1. Time Management and Organization - Frequently losing track of time - Missing deadlines - Forgetting appointments - Difficulty organizing tasks or materials 2. Planning and Prioritizing - Struggling to set goals - Difficulty breaking tasks into manageable steps - Procrastination or avoidance behaviors 3. Emotional Regulation - Quick temper or emotional outbursts - Difficulty calming down after frustration - Feeling overwhelmed by emotions 4. Impulse Control - Acting impulsively without considering consequences - Interrupting others - Making hasty decisions 5. Self-Motivation - Difficulty initiating tasks - Lack of persistence - Feeling unmotivated or lethargic in completing responsibilities --- Implications of BDEFS Results for Adults Diagnosis and Differential Diagnosis While the BDEFS alone cannot diagnose conditions like ADHD, it provides valuable information about executive functioning strengths and weaknesses. Elevated scores may support a diagnosis of ADHD, especially when combined with clinical interviews and other assessments. Treatment Planning Identifying specific deficits helps tailor interventions, such as: - Cognitive-behavioral strategies - Organizational tools and planners - Mindfulness and emotional regulation techniques - Medication management (if Barkley Deficits In Executive Functioning Scale Bdefs For Adults 7 appropriate) Monitoring Progress Repeated administration of the BDEFS can track changes over time, assessing the effectiveness of interventions or medication adjustments. --- Limitations and Considerations While the BDEFS is a useful tool, it has limitations: - Self- report bias: Responses depend on the individual's self-awareness and honesty. - Subjectivity: Perceptions may differ from objective assessments. - Cultural factors: Cultural norms influence how difficulties are perceived and reported. - Complementary assessments needed: It should be used alongside clinical interviews, neuropsychological tests, and collateral information. --- Enhancing Executive Functioning Based on BDEFS Findings Once deficits are identified, adults can implement strategies to improve functioning: Organizational Strategies - Use planners, calendars, and reminders - Break complex tasks into smaller steps - Establish routines Emotional Regulation Techniques - Practice mindfulness and relaxation exercises - Develop awareness of emotional triggers - Seek therapy for emotional or

behavioral issues Impulse Control - Pause before acting or speaking - Develop coping mechanisms for frustration - Set clear boundaries and consequences Time Management - Prioritize tasks using lists - Allocate specific times for activities - Minimize distractions --- Conclusion: The Value of the BDEFS in Adult Executive Functioning Assessment The Barkley Deficits in Executive Functioning Scale (BDEFS) provides a comprehensive, self-reported measure of executive functioning challenges in adults. It shines a light on everyday difficulties that can hinder personal and professional life, offering a pathway toward targeted intervention and improved quality of life. When used thoughtfully alongside other assessment tools, the BDEFS can be instrumental in understanding, diagnosing, and treating executive functioning deficits, empowering adults to develop strategies that foster greater independence and success. --- Final Thoughts Understanding and addressing executive functioning deficits is essential for adults facing daily challenges. The BDEFS serves as a valuable starting point for self-awareness and clinical insight, guiding individuals and professionals toward meaningful change. With appropriate strategies and support, many adults can improve their executive functioning skills, leading to enhanced productivity, better relationships, and overall well-being. Barkley Deficits in Executive Functioning Scale, BDEFS, adult executive functioning, executive dysfunction assessment, cognitive impairments, attention deficits, impulse control, organizational skills, self-regulation, adult ADHD evaluation

Barkley Deficits in Executive Functioning Scale (BDEFS) Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) Handbook of Executive Functioning Attention-Deficit Hyperactivity Disorder Principle-Based Stepped Care and Brief Psychotherapy for Integrated Care Settings A New Understanding of ADHD in Children and Adults Taking Charge of Adult ADHD Barkley Functional Impairment Scale--Children and Adolescents (BFIS-CA) Executive Functions Translation and validation of Barkley's Deficits in Executive Functioning Scale for Puerto Rican children and adolescents Barkley Adult ADHD Rating Scale-IV (BAARS-IV) Barkley Functional Impairment Scale (BFIS) Decline of Nonverbal Executive Functions Across the Lifespan - Distinguishing Between Outcome and Process Barkley Sluggish Cognitive Tempo Scale--Children and Adolescents (BSCTS-CA) The Diagnosis of Attention Deficit Hyperactivity Disorder in College-Aged Deaf Individuals IS THERE ANY DIFFERENCE IN EXECUTIVE FUNCTIONS IN CHILDREN HAVING ADHD OR DYSLEXIA? MOBILE POLLING AND SELF-REGULATION Russell A. Barkley Russell A. Barkley Sam Goldstein Russell A. Barkley Alexandros Maragakis Thomas E. Brown Russell A. Barkley Russell A. Barkley Russell A. Barkley Paloma Purcell Baerga Russell A. Barkley Russell A. Barkley Anna Krivenko Russell A. Barkley Gregory Thomas Farber Priti Arun Lee Hardin

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the barkley deficits in executive functioning scale bdefs is an empirically based tool for evaluating dimensions of adult executive functioning in daily life evidence indicates that the bdefs is far more predictive of impairments in major life activities than more time consuming and costly traditional ef tests the bdefs offers an ecologically valid snapshot of the capacities involved in time management organization and problem solving self restraint self motivation and self regulation of emotions it comprises both self and other reports in a long form 15 20 minutes and a short form 4 5 minutes special features include an adult adhd risk index in the long form complete instructions for scoring and interpreting the scale are provided see also the barkley deficits in executive functioning scale children and adolescents bdefs ca and barkley s authoritative book on ef development and deficits executive functions also available barkley adult adhd rating scale iv baars iv and barkley functional impairment scale bfis for adults includes permission to photocopy enhancing the convenience and value of the bdefs the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales the large format and sturdy wire binding facilitate photocopying

the barkley deficits in executive functioning scale children and adolescents bdefs ca is an empirically based tool for evaluating clinically significant dimensions of child and adolescent executive functioning evidence indicates that the bdefs ca is far more predictive of impairments in daily life activities than more time consuming and costly traditional ef tests the bdefs ca offers an ecologically valid snapshot of the capacities involved in time management organization and problem solving self restraint self motivation and self regulation of emotions two parent report forms are included a long form 10 15 minutes and a short form 3 5 minutes there is also a short clinical interview form based on the short form rating scale for use in unusual circumstances where a parent is unable to complete a rating scale special features include an adhd risk index in the long form complete instructions for scoring and interpreting the scale are provided quick view what does it do provides an ecologically valid assessment of executive functioning deficits in daily life activities age range 6 17 administration time long form 10 15 minutes short form 3 5 minutes format parent report rating scale cost

of additional forms no cost purchasers get permission to reproduce the forms and score sheets for repeated use see also the barkley deficits in executive functioning scale bdefs for adults and barkley s authoritative book on ef development and deficits executive functions also available barkley functional impairment scale children and adolescents bfig ca includes permission to photocopy enhancing the convenience and value of the bdefs ca the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales the large format and sturdy wire binding facilitate photocopying age range 6 17

planning attention memory self regulation these and other core cognitive and behavioral operations of daily life comprise what we know as executive functioning ef but despite all we know the concept has engendered multiple often conflicting definitions and its components are sometimes loosely defined and poorly understood the handbook of executive functioning cuts through the confusion analyzing both the whole and its parts in comprehensive practical detail for scholar and clinician alike background chapters examine influential models of ef tour the brain geography of the executive system and pose salient developmental questions a section on practical implications relates early deficits in executive functioning to add and other disorders in children and considers autism and later life dementias from an ef standpoint further chapters weigh the merits of widely used instruments for assessing executive functioning and review interventions for its enhancement with special emphasis on children and adolescents featured in the handbook the development of hot and cool executive function in childhood and adolescence a review of the use of executive function tasks in externalizing and internalizing disorders executive functioning as a mediator of age related cognitive decline in adults treatment integrity in interventions that target executive function supporting and strengthening working memory in the classroom to enhance executive functioning the handbook of executive functioning is an essential resource for researchers scientist practitioners and graduate students in clinical child school and educational psychology child and adolescent psychiatry neurobiology developmental psychology rehabilitation medicine therapy and social work

this edition strives to extract from the mine of available scientific literature those nuggets of clinically important information regarding the nature assessment diagnosis and management of attention deficit hyperactivity disorder in children adolescents and adults the revised and expanded fourth edition of this user friendly workbook provides a master set of the assessment and treatment forms questionnaires and handouts formatted for easy photocopying many of these materials are available from no other source featured are interview forms and rating scales for use with parents teachers and adult clients helpful checklists and fact sheets daily school report cards for monitoring academic progress and more

this timely volume provides the practitioner with evidence based treatments for many of the clinical problems encountered in integrated care it applies the core concepts of

stepped care to integrating brief mental health interventions as a way to address ongoing problems in the modern healthcare landscape it sets out in depth the state of the healthcare crisis in terms of costs staffing and training issues integration logistics and management system culture and a variety of clinical considerations central to the book is a best practice template for providing behavioral stepped care in medical settings including screening and assessment levels of intervention and treatment referrals and collaboration with primary care and other specialties using this format contributors detail specific challenges of and science based interventions for a diverse range of common conditions and issues including depression anxiety disorders adherence to chronic obstructive pulmonary disorder management alcohol and other substance misuse attention deficit hyperactivity disorder chronic pain neurocognitive disorders paraphilias problematic sexual interests wu3 sexual abuse and ptsd in children a solid roadmap for widescale reform principle based stepped care and brief psychotherapy for integrated care settings is deeply informative reading for health psychologists social workers psychiatrists and clinical psychologists it also clarifies the research agenda for those seeking improvements in healthcare quality and delivery and patient satisfaction

for over 100 years adhd has been seen as essentially a behavior disorder recent scientific research has developed a new paradigm which recognizes adhd as a developmental disorder of the cognitive management system of the brain its executive functions this cutting edge book pulls together key ideas of this new understanding of adhd explaining them and describing in understandable language scientific research that supports this new model it addresses questions like why can those with adhd focus very well on some tasks while having great difficulty in focusing on other tasks they recognize as important how does brain development and functioning of persons with adhd differ from others how do impairments of adhd change from childhood through adolescence and in adulthood what treatments help to improve adhd impairments how do they work are they safe why do those with adhd have additional emotional cognitive and learning disorders more often than most others what commonly held assumptions about adhd have now been proven wrong by scientific research psychiatrists psychologists social workers and other medical and mental health professionals as well as those affected by adhd and their families will find this to be an insightful and invaluable resource

if you are among the millions of adults with attention deficit hyperactivity disorder adhd you need the latest facts about the disorder and its treatment you need practical strategies to help develop your strengths and achieve your goals whether on the job in family relationships or in personal pursuits from renowned adhd researcher clinician russell a barkley this is the book for you dr barkley takes you through the process of seeking professional help addresses frequently asked questions about medications and other treatments and offers a wealth of advice and tips all science based featuring the latest resources and medication facts the revised and updated second edition includes new or expanded discussions of mindfulness emotional self control time management building a successful career maintaining a healthy lifestyle and more finally an



authoritative one stop resource to help you take back your life from adhd mental health professionals see also cognitive behavioral therapy for adult adhd targeting executive dysfunction by mary v solanto

to diagnose a mental disorder or make a disability determination clinicians must assess functional impairment not just the presence of symptoms meeting a key need the barkley functional impairment scale children and adolescents bfis ca is an empirically based norm referenced tool that exceeds other available scales in its comprehensive coverage of domains of psychosocial impairment the bfis ca is designed to obtain parent reports on possible impairment in 15 different domains of everyday activities for children and teens the scale typically takes a parent 5 7 minutes to complete also included is a follow up parent interview form for obtaining more information about specific problem areas complete instructions for scoring and interpreting the scale are provided age range 6 17 see also the barkley deficits in executive functioning scale children and adolescents bdefs ca which assesses clinically significant executive functioning difficulties includes permission to photocopy enhancing the convenience and value of the bfis ca the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales the large format and sturdy wire binding facilitate photocopying

this groundbreaking book offers a comprehensive theory of executive functioning ef with important clinical implications synthesizing cutting edge neuropsychological and evolutionary research russell a barkley presents a model of ef that is rooted in meaningful activities of daily life he describes how abilities such as emotion regulation self motivation planning and working memory enable people to pursue both personal and collective goals that are critical to survival key stages of ef development are identified and the far reaching individual and social costs of ef deficits detailed barkley explains specific ways that his model may support much needed advances in assessment and treatment see also barkley s empirically based ecologically valid assessment tools barkley deficits in executive functioning scale bdefs for adults and barkley deficits in executive functioning scale children and adolescents bdefs ca

this study aimed to translate the barkley s deficits in executive functioning scale bdefs ca for spanish speaking children and adolescents and examine its factor structure four hundred and seventy four 474 adult parents of children ages 6 17 completed the bdefs ca online through the psych data portal the bdefs ca is a 70 item parent report scale that measures deficits in executive functions ef in daily life activities it includes the following subscales self regulation of emotion self organization problem solving self management to time self motivation and self restraint inhibition sociodemographic health history data and data on child adhd were collected exploratory factor analyses and inter scale correlations were conducted as well as correlations with child adhd symptoms the spanish language version of the bdefs ca presentes a 5 factor structure as

expected results are consistent with the original english language version and with what has been published about bdefs adult version in spanish cronbachs s alphas ranged from .939 to .987 high to moderate correlations were found between the five subscales and adhd symptoms scale inter correlation patterns were as expected the bdefs ca is a valid and reliable measure of deficits in ed for spanish speaking children and adolescents an increase in early detection and diagnosis of ef deficits is essential to improve treatment strategies in children and adolescents with adhd

the barkley adult adhd rating scale iv baars iv offers an essential tool for assessing current adhd symptoms and domains of impairment as well as recollections of childhood symptoms directly linked to dsm iv diagnostic criteria the scale includes both self report and other report forms for example spouse parent or sibling not only is the baars iv empirically based reliable and valid but it is also exceptionally convenient to use the long version takes the average adult 5-7 minutes to complete and the quick screen takes only 3-5 minutes special features include a section of items assessing the newly identified symptoms of sluggish cognitive tempo also known as the inattentive only subtype of adhd complete instructions for scoring and interpreting the scale are provided see also the barkley deficits in executive functioning scale bdefs for adults which assesses clinically significant executive functioning difficulties and the barkley functional impairment scale bfi for adults which evaluates 15 major domains of psychosocial functioning includes permission to photocopy enhancing the convenience and value of the baars iv the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales the large format and sturdy wire binding facilitate photocopying

to diagnose a mental disorder or evaluate a disability claim clinicians must assess functional impairment not just the presence of symptoms meeting a key need the barkley functional impairment scale bfi is the first empirically based norm referenced tool designed to evaluate possible impairment in 15 major domains of psychosocial functioning in adults featuring both self report and other report forms for example spouse parent or sibling the bfi is reliable valid and user friendly the long version takes the average adult 5-7 minutes to complete and the quick screen takes only 3-5 minutes complete instructions for scoring and interpreting the scale are provided includes permission to photocopy enhancing the convenience and value of the bfi the limited photocopy license allows purchasers to reproduce the forms and score sheets without the expense of reordering materials from the publisher the large format and sturdy wire binding facilitate photocopying

numerous studies have attempted to validate nonverbal fluency tests but none have examined construct validity particularly the correlation of measures and self reported executive functioning deficits the current study examined this issue by correlating the results of the five point test 5pt and the delis kaplan executive functioning system d-kefs design fluency test with the barkley deficits in executive functioning scale short form bdefs sf in 306 english speaking adults participants were volunteers from

undergraduate classes and those serving jury duty in a large urban city the mean age was 36.89 (18.08) with an average of 14.65 (2.85) years of education the majority was female (70.3%) caucasian (76.0%) and had a primary language of english (97.7%) results were unable to confirm the previous literature showing adequate test retest reliability across all scores for the 5pt and for the dkefs design fluency test as only rotation of the 5pt rs (84%) as having good reliability in analyzing the scales of the bdefs sf the study found only a few inconsistent meaningful correlations between the summary and strategy scores of the 5pt and scales of the bdefs sf when controlling for age and education repetitions for the 5pt and the dkefs design fluency test correlated significantly with most of the scores on the bdefs sf supporting repetitions on nonverbal fluency tasks as measures of executive dysfunction a mediation analysis was significant such that education mediated the relationship between age and number of unique designs on the 5pt  $b = 0.086$ ,  $95\% \text{ bca ci } [0.035, 0.138]$  as well as for the relationship between age and strategies used on the 5pt  $b = 0.069$ ,  $95\% \text{ bca ci } [0.014, 0.122]$  in general small insignificant correlations were found between the summary scores of the two nonverbal fluency measures and the self report measure of executive functioning further suggesting the link between self report of such deficits and actual deficits is tenuous at best these findings also indicate that higher education is neuroprotective against cognitive decline

sluggish cognitive tempo (sct) is increasingly recognized as a valid attention disorder distinct from attention deficit hyperactivity disorder the culmination of more than 10 years of research and development the barkley sluggish cognitive tempo scale (bscts) ca is the first empirically based norm referenced tool designed to assess sct symptoms for example chronic daydreaming inability to focus and lethargy in the daily life activities of 6 to 17 year olds the scale typically takes a parent less than 5 minutes to complete detailed instructions for scoring and interpretation are provided also included is a clinical interview form based on the rating scale for use in unusual circumstances where a parent is unable to fill out a rating scale quick view what does it do assesses concentration deficits in the daily life activities of children and adolescents age range 6-17 administration time less than 5 minutes format parent report rating scale cost of additional forms no cost purchasers get permission to reproduce the forms and score sheets for repeated use see also the barkley deficits in executive functioning scale (bdefs) ca and the barkley functional impairment scale (bfis) ca includes permission to photocopy enhancing the convenience and value of the bscts ca the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales the large format and sturdy wire binding facilitate photocopying age range 6-17 forms and profiles bscts ca parent rating scale bscts ca parent interview bscts ca sct profile ages 6-11 males only bscts ca sct profile ages 6-11 females only bscts ca sct profile ages 12-17 males only bscts ca sct profile ages 12-17 females only

attention deficit hyperactivity disorder (adhd) which has been found to impair one's social familial scholastic and occupational adjustment is one of the most comprehensively

examined neurodevelopmental disorders for deaf individuals language and executive functioning have important implications for cognitive and academic functioning however for deaf and hard of hearing d hh individuals with adhd it is not clear to what extent their cognitive and academic functioning are impacted as the amount of research conducted with deaf individuals with adhd has been limited especially within the realm of deaf adults there are many areas that need to be explored in relation to adhd executive dysfunction deaf individuals and language acquisition secondary language delay in relation to evaluating and assessing a d hh individual for adhd farber 2019 demonstrated evidence of validity for the barkley adult adhd rating scale iv baars iv as a screening measure for adhd in college level deaf students for this study the validity of the baars iv as a screener for discriminating adhd from non adhd among college level d hh students was replicated and additional evidence of concurrent validity obtained this study also demonstrated evidence of validity for the barkley deficits in executive functions scale bdefs as a screening measure for executive functions in college level deaf individuals also this study provided a clearer understanding of the significant role that executive functions play in the overall functioning of d hh individuals with and without adhd abstract

is there any difference in executive functions in children having adhd or dyslexia objectives to study executive functions in children having adhd dyslexia and healthy developing children background and aims executive functions efs are neuro cognitive processes that maintain an appropriate problem solving set to attain a later goal adhd is characterized by deficits in executive functioning as well as inattention and impulsivity specific learning disorder sld commonly known as dyslexia is also associated with deficits in efs and many behavioral problems as seen in adhd this study was done to study efs in children having adhd as well as dyslexia materials and methods 20 children each with adhd dyslexia and normal healthy children control in age group 7 15 years and iq 90 were included and were assessed for efs by n back wcst phonemic fluency colour trails test porteus maze stroop test and tower of london parents were asked to fill questionnaires in barkleyu2019s deficit in executive functions scale children and adolescent bdefs ca for the assessment of efs in children results deficits were seen in adhd in working memory verbal fluency attention set shifting response inhibition while in dyslexia deficits were seen in working memory verbal fluency set shifting attention and problem solving deficits on bdefs ca were more in adhd children conclusions this study implied that these deficits are a trait deficit and many behavioral problems encountered in adhd and sddss such as irritability anger aggression impulsivity can be attributed to efs and it can lead to academic under achievement

mobile polling is a widely used classroom response system at the university level the current study examines the predictors and outcomes of mobile polling including self regulation and academic achievement furthermore this study explores whether or not mobile polling benefits some students more than others specifically those with higher

levels of self regulation the data was collected from two separate university classrooms taught by the same teacher n 66 the first section of students were to use mobile polling software after taking their midterm exam and use the software for the remainder of the semester the other section of students served as the control group and received the same instruction powerpoints and assignments minus the usage of mobile polling all students from both classes were given an 89 question survey known as the barkley deficits in executive function scale bdefs which measured their ability to self regulate their behavior a hierarchical regression model was used to find that mobile polling had no statistical significance on academic achievement at the end of the semester the only significant predictor throughout the entire study was the initial achievement variable which was the scores from the midterm exam another hierarchical regression model found that self regulation measured with the use of the bdefs system was not a significant predictor of academic achievement when initial achievement was controlled for the overall ef score from the bdefs system revealed that self regulation had zero effect on the variance as denoted by r square and the r square change in the regression model supplemental analysis revealed that overall ef is a significant predictor of academic achievement when a repeated measures anova was used though the r square change was still low factor analysis was used to find which questions loaded together under five subscales truncating the bdefs system and revealing that self restraint inhibition traits were a better predictor than the overall score from the bdefs questionnaire yet was not a significant predictor of achievement finally a 2 x 2 ancova that investigated the interaction between high low levels of self regulation and usage of mobile polling and found that it did not significantly affect academic achievement in fact the highest mean came from the completely opposite group as expected which was students in the control group with lower levels of self regulation

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