

1. Can't recall the way to do things you've done many times before

Very Seldom   Seldom   Sometimes   Often   Very Often

2. Can't recall in what order to do things you've done many times before

Very Seldom   Seldom   Sometimes   Often   Very Often

3. Do things by routine and discover that you fail

Very Seldom   Seldom   Sometimes   Often   Very Often

4. Do things by old habits and discover that you fail

Very Seldom   Seldom   Sometimes   Often   Very Often

5. Can't recall how to do routine chores that you could before

Very Seldom   Seldom   Sometimes   Often   Very Often

6. Don't know the meaning of a word that you previously knew

Very Seldom   Seldom   Sometimes   Often   Very Often

7. Don't know the spelling of a word that you previously knew

Very Seldom   Seldom   Sometimes   Often   Very Often

8. Mix up letters in the spelling of a word that you previously knew

Very Seldom   Seldom   Sometimes   Often   Very Often

9. Don't recognize a person you know you've met before

Very Seldom   Seldom   Sometimes   Often   Very Often

10. Don't recognize a face

Very Seldom   Seldom   Sometimes   Often   Very Often

11. Don't recall a face

Very Seldom   Seldom   Sometimes   Often   Very Often

12. Don't recall what time of the day it is within 1 hour of accuracy

Very Seldom   Seldom   Sometimes   Often   Very Often

13. Don't recall what day of the week it is

Very Seldom   Seldom   Sometimes   Often   Very Often

14. Don't recall what month it is

Very Seldom   Seldom   Sometimes   Often   Very Often

15. Don't recall what year it is

Very Seldom   Seldom   Sometimes   Often   Very Often

16. Don't recognize a place you've been to before

Very Seldom   Seldom   Sometimes   Often   Very Often

17. Don't recall that you've been to a place before

Very Seldom   Seldom   Sometimes   Often   Very Often

18. Don't recall the names of places I recognize from earlier in my life

Very Seldom   Seldom   Sometimes   Often   Very Often

19. Get lost

Very Seldom   Seldom   Sometimes   Often   Very Often

20. Can't find your way in a new place

Very Seldom   Seldom   Sometimes   Often   Very Often

21. Can't find your way in a place you know well

Very Seldom   Seldom   Sometimes   Often   Very Often

22. Can't find items at work or home because my space is messy and disorganized

Very Seldom   Seldom   Sometimes   Often   Very Often

23. Can't pay attention to conversation without drifting off or thinking of something else

Very Seldom   Seldom   Sometimes   Often   Very Often

24. Can't make an organized plan and follow it to complete tasks for the day or week

Very Seldom   Seldom   Sometimes   Often   Very Often

25. Lose focus during tasks such that many are started and few are finished

Very Seldom   Seldom   Sometimes   Often   Very Often

26. Get distracted by new ideas/thoughts that pull me away from the task at hand

Very Seldom   Seldom   Sometimes   Often   Very Often

27. Interrupt others talking because I might forget what I want to say by the time the other person is finished.

Very Seldom   Seldom   Sometimes   Often   Very Often

28. Don't know the meaning of a word that you previously knew

Very Seldom   Seldom   Sometimes   Often   Very Often

29. Don't recall the meaning of a word that you previously knew

Very Seldom   Seldom   Sometimes   Often   Very Often

30. Can't find the correct word to convey in speech

Very Seldom   Seldom   Sometimes   Often   Very Often

31. Use incorrect words when speaking

Very Seldom   Seldom   Sometimes   Often   Very Often

32. Do things that result in isolation or distancing from others

Very Seldom   Seldom   Sometimes   Often   Very Often

33. Don't have enough energy to get moving in the morning and sustain

Very Seldom   Seldom   Sometimes   Often   Very Often

34. At events that I should feel sadness or joy (funeral or birthday party) I just feel flat or ambivalent

Very Seldom   Seldom   Sometimes   Often   Very Often

35. Don't fall asleep or stay asleep at night

Very Seldom   Seldom   Sometimes   Often   Very Often

36. Get a sense of panic with difficulty catching a breathe

Very Seldom   Seldom   Sometimes   Often   Very Often

37. Don't find enjoyment in previously enjoyable activities or events

Very Seldom   Seldom   Sometimes   Often   Very Often

38. Sounds that are not loud to others do bother me

Very Seldom   Seldom   Sometimes   Often   Very Often

39. Don't have a good sense of smell

Very Seldom   Seldom   Sometimes   Often   Very Often

40. Can sense strange and strong smells that others cannot smell

Very Seldom   Seldom   Sometimes   Often   Very Often

41. Get a metallic taste in my mouth

Very Seldom   Seldom   Sometimes   Often   Very Often

42. Get headaches, migraines or ringing in ears

Very Seldom   Seldom   Sometimes   Often   Very Often

43. Get dizzy or easily lose my balance

Very Seldom   Seldom   Sometimes   Often   Very Often

44. Experience hand, arm, face, neck or leg tremors, twitches or sudden jerking movements

Very Seldom   Seldom   Sometimes   Often   Very Often

45. Trip when walking on flat surfaces or steps

Very Seldom   Seldom   Sometimes   Often   Very Often

46. Bed covers are moved all over the place by morning or I kick my bed

Very Seldom   Seldom   Sometimes   Often   Very Often

47. Grasping items is uncoordinated to the point of dropping items

Very Seldom   Seldom   Sometimes   Often   Very Often

48. Experience muscle weakness

Very Seldom   Seldom   Sometimes   Often   Very Often

49. Handwriting is sloppy and difficult to read

Very Seldom   Seldom   Sometimes   Often   Very Often