



# GKB Neuropsychology

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Please answer the following questions about your health and history. Completing this information before your appointment will greatly assist the doctor to best use your assessment time with him by enabling a more detailed focus.

## **Demographic Information**

**Date of Evaluation:** \_\_\_\_\_

First Name	Middle Name	Last Name
Date of Birth	Age	Email Address

## **Presenting Problem**

Please briefly describe what problem(s) with thinking you are experiencing and a brief description of the course (*for example, gradual onset starting 3 years ago but a more noticeable decline in the past 6 months*):

Were these changes: ☐ Abrupt / Sudden ☐ Gradual / Slow over time

**Have you noticed any of these additional symptoms? Please check those that apply to you:**

**Attention & Concentration**

- ☐ Easily getting distracted by background noises, visual clutter, or unrelated thoughts
- ☐ Having difficulty sustaining focus on work, conversations, or reading
- ☐ Frequently shifting between tasks without completing them
- ☐ Trouble following instructions, often losing track of steps
- ☐ Often procrastinating or avoiding tasks requiring prolonged mental effort
- ☐ Needing frequent repetition of instructions to complete a task
- ☐ Feeling mentally foggy, dazed, or disconnected from surroundings
- ☐ Frequently forgetting why I walked into a room or what I was about to do
- ☐ Becoming hyper-focused on certain activities, ignoring everything else
- ☐ Zoning out or daydreaming, even during important discussions
- ☐ Frequently misplacing or losing track of personal items (e.g., phone, keys, wallet)
- ☐ Frequently making careless mistakes in work, finances, or daily activities
- ☐ Experiencing "time blindness" – losing track of time or having difficulty estimating durations
- ☐ Struggling to remain seated or still for long periods, frequently fidgeting

**Memory & Learning**

- ☐ Frequently forgetting recent conversations, appointments, or daily tasks
- ☐ Struggling to retain newly learned information (e.g., names, instructions)
- ☐ Repeating questions, stories, or statements without realizing it
- ☐ Getting lost in familiar places or struggling to navigate new locations
- ☐ Losing track of the plot in books, TV shows, or movies
- ☐ Taking longer to grasp new concepts or adapt to new technologies
- ☐ Having difficulty recalling names of people, even close friends or family members
- ☐ Forgetting whether I completed a task (e.g., took medication, locked the door)
- ☐ Requiring frequent reminders or notes to remember daily tasks
- ☐ Struggling to recall past events accurately, sometimes filling in gaps with incorrect details
- ☐ Forgetting commonly used words or substituting words inappropriately
- ☐ Forgetting how to use household appliances or perform routine tasks
- ☐ Having difficulty recalling childhood memories or other distant past events

### **Language & Communication**

- ☐ Struggling to find the right words, sometimes substituting incorrect ones
- ☐ Frequently misinterpreting what others are saying
- ☐ Losing track of what I was saying mid-sentence
- ☐ Speaking less fluently or needing extra effort to form sentences
- ☐ Having trouble understanding complex or long sentences
- ☐ Struggling to follow conversations, especially in noisy environments
- ☐ Having difficulty keeping up in conversations involving multiple speakers
- ☐ Having trouble understanding written text, even when familiar with the topic
- ☐ Mixing up or misusing words in speech or writing
- ☐ Finding it difficult to express my thoughts clearly and concisely
- ☐ Speaking slower or with more effort than before

### **Visuospatial Skills & Navigation**

- ☐ Getting lost in familiar places or frequently taking wrong turns
- ☐ Having difficulty reading maps or following GPS instructions
- ☐ Having trouble recognizing faces, objects, or landmarks
- ☐ Frequently misjudging distances when reaching, walking, or driving
- ☐ Having poor depth perception, leading to tripping, bumping into objects, or misjudging steps
- ☐ Struggling with spatial awareness (e.g., difficulty parking, placing items correctly)
- ☐ Having difficulty distinguishing between left and right
- ☐ Struggling to use mirrors (e.g., confusing reflections for another person)
- ☐ Having increased difficulty dressing due to issues recognizing clothing orientation

### **Executive Function & Organization**

- ☐ Struggling with planning, organization, and time management
- ☐ Frequently underestimating or overestimating how long tasks will take
- ☐ Having difficulty prioritizing tasks, often focusing on minor details instead of the bigger picture
- ☐ Procrastinating and struggling to complete tasks without external pressure
- ☐ Avoiding starting tasks due to feeling overwhelmed, even simple ones
- ☐ Frequently forgetting steps in a task or sequence (e.g., skipping a step in a recipe)
- ☐ Struggling to adapt to changes in plans or unexpected situations
- ☐ Having trouble making decisions, even about simple choices

- ☐ Frequently losing track of responsibilities (e.g., bills, appointments, household chores)
- ☐ Frequently leaving projects unfinished, moving on before completion
- ☐ Finding it difficult to break large tasks into smaller steps
- ☐ Getting stuck on minor details, unable to complete the overall task

### **Emotional Regulation & Behavioral Changes**

- ☐ Acting impulsively without considering consequences (e.g., interrupting conversations, reckless spending)
- ☐ Having difficulty managing emotions, often feeling overwhelmed by frustration or stress
- ☐ Struggling with patience, easily becoming restless or irritable
- ☐ Having difficulty calming down after emotional outbursts
- ☐ Experiencing sudden mood swings or unexplained changes in emotions
- ☐ Becoming easily frustrated with tasks that require prolonged effort
- ☐ Engaging in risk-taking behavior, even when aware of potential consequences
- ☐ Having difficulty controlling my temper, often reacting angrily or aggressively
- ☐ Engaging in repetitive, compulsive, or ritualistic behaviors
- ☐ Feeling increased sadness, hopelessness, or worthlessness
- ☐ Losing interest in previously enjoyable activities
- ☐ Withdrawing from social interactions, family, or friends
- ☐ Feeling increased anxiety, worry, or fearfulness, even without a clear cause
- ☐ Experiencing frequent mood swings, irritability, or episodes of anger
- ☐ Having difficulty handling stress, often feeling overwhelmed by minor inconveniences
- ☐ Experiencing sudden personality changes, appearing more impulsive, aggressive, or apathetic
- ☐ Feeling increased suspiciousness, paranoia, or difficulty trusting others
- ☐ Experiencing hallucinations or seeing/hearing things that others do not
- ☐ Feeling decreased motivation, becoming more passive or lacking initiative
- ☐ Having difficulty feeling empathy or connecting with others emotionally
- ☐ Becoming more rigid in my beliefs, routines, or ways of thinking
- ☐ Feeling increased sensitivity to rejection or perceived criticism
- ☐ Frequently experiencing guilt, shame, or self-doubt

### **Other**