

Executive Skills Questionnaire-Revised (ESQ-R)

Julia Englund Strait, Peg Dawson, Christine A. P. Walther, Gerald Gill Strait, Amy K. Barton, Maryellen Brunson McClain

Directions: Read each item and decide how often it's a problem for you.	Never or rarely (0)	Sometimes (1)	Often (2)	Very often (3)
1 I act on impulse.				
2 I say things without thinking.				
3 I lose things.				
4 I have a short fuse.				
5 I get upset when things don't go as planned.				
6 I run out of steam before finishing a task.				
7 It's hard for me to set priorities when I have a lot of things to do.				
8 My desk or workspace is a mess.				
9 I have trouble keeping my house or room clean.				
10 I have trouble estimating how long it will take to complete a task.				
11 I'm slow at getting ready for school, work, or appointments.				
12 If the first solution to a problem doesn't work, I have trouble thinking of a different one.				
13 I skip checking my work for mistakes, even when the stakes are high.				
14 I get annoyed when tasks are too hard.				
15 It's hard for me to put aside fun activities to start things I know I need to do.				

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16	I have trouble with tasks where I have to come up with my own ideas.				
17	It's hard for me to tell how well I'm doing on a task.				
18	I have trouble reaching long-term goals.				
19	I "go with my gut" when making decisions.				
20	I get so wrapped up in what I'm doing that I forget about other things I need to do.				
21	Little things frustrate me.				
22	I have trouble getting back on track if I'm interrupted.				
23	I have trouble making a plan.				
24	I miss the big picture.				
25	I live for the moment.				



Scoring

Factor Checklist executive function areas to consider	Item #	Item scores	Factor scores <i>(Averages; Range 0–3)</i>
1. Plan management	6		
<i>P</i> <i>SA</i> <i>F</i> <i>M</i> <i>GDP</i>	7		
	12		
	13		
	14		
	16		
	17		
	18		
	22		
	23		
	24		
	Total score =		
2. Time management	10		
<i>TM</i> <i>TI</i> <i>WM</i>	11		
	15		
	20		
	Total score =		Time management score (sum/4) =

Factor	Item #	Item scores	Factor scores <i>(Averages; Range 0–3)</i>
Checklist executive function areas to consider			
3. Organization	3		
<i>WM</i> O	8		
	9		
	Total score =		
4. Emotional regulation	4		
<i>EC</i>	5		
	21		
	Total score =		
5. Behavioral regulation	1		
<i>RI</i> <i>GDP</i>	2		
	19		
	25		
	Total score =		
TOTAL SCORE =	<i>Sum of ALL item scores (range 0–75)</i> =		