



MFA for Adolescent

Scoring Key:

Never - 0
Occasionally - 1
Frequently - 2
Always - 3

BALANCE, GROSS & FINE MOTOR CONTROL :

1) Has trouble distinguishing between left and right

Never Occasionally Frequently Always

2) Shifts preference of dominant hand use for tasks

Never Occasionally Frequently Always

3) Has difficulty learning to type with both hands

Never Occasionally Frequently Always

4) Avoids sports and/or being physically active

Never Occasionally Frequently Always

5) Is constantly moving, tapping foot or pencil, drumming (may increase when trying to pay attention)

Never Occasionally Frequently Always

6) Bumps into people/objects; gets too close to people; unaware of personal space

Never Occasionally Frequently Always

7) Exhibits poor posture, slumps or slouches

Never Occasionally Frequently Always

8) Has poor endurance, is weak and tires easily, avoids physical activity

Never Occasionally Frequently Always

9) Appears clumsy, awkward, or accident prone

- Never Occasionally Frequently Always

10) Has poor/illegible handwriting

- Never Occasionally Frequently Always

11) Exhibits poor eye hand coordination

- Never Occasionally Frequently Always

12) Has difficulty with combining or remembering next movement in a sequence

- Never Occasionally Frequently Always

13) Has difficulty learning new motor activities or movements that require more than one step

- Never Occasionally Frequently Always

14) Avoids activities that require fine motor manipulation

- Never Occasionally Frequently Always

15) Has difficulty catching things

- Never Occasionally Frequently Always

16) Demonstrates a poor sense of balance

- Never Occasionally Frequently Always

17) Demonstrates poor sense of rhythm, timing

- Never Occasionally Frequently Always

18) Has difficulty crossing the midline of the body

- Never Occasionally Frequently Always

SENSORY :

19) Seems bothered by textures on body (i.e. sticky items, clothing fabrics/tags)

- Never Occasionally Frequently Always

20) Is bothered by background noise (i.e., humming of lights, ice makers, computers, air conditioners, fans)

- Never Occasionally Frequently Always

21) Is bothered by loud and/or unexpected sounds

- Never Occasionally Frequently Always

22) Doesn't like being touched/over responds to unexpected touch/bumps

- Never Occasionally Frequently Always

23) Plays too roughly; hurts others inadvertently

- Never Occasionally Frequently Always

24) Avoids sustained eye contact

- Never Occasionally Frequently Always

25) Is unaware/under-responds to body sensations: hunger, fullness, hot or cold, pain

- Never Occasionally Frequently Always

26) Doesn't seem to notice external sensory stimuli (touch, smells, noise)

- Never Occasionally Frequently Always

27) Has difficulty judging force required for task (breaks lead in pencil, holds pencil tightly, throws ball with too much force)

Never Occasionally Frequently Always

28) Has an activity level that seems unusually high

Never Occasionally Frequently Always

29) Has an activity level that seems unusually low

Never Occasionally Frequently Always

30) Seems impulsive/lacks self-control

Never Occasionally Frequently Always

31) Avoids contact with others; avoids crowded places (prefers being by self, standing aside from the group)

Never Occasionally Frequently Always

32) Constantly makes vocal noises, i.e., humming

Never Occasionally Frequently Always

SOCIAL / EMOTIONAL :

33) Seems irritable, short-tempered

Never Occasionally Frequently Always

34) Is easily overwhelmed, frustrated by daily activities

Never Occasionally Frequently Always

35) Appears emotionally intense in most activities

Never Occasionally Frequently Always

36) Has frequent mood fluctuations

Never Occasionally Frequently Always

37) Appears anxious, bites nails, face and body are not relaxed

Never Occasionally Frequently Always

38) Is easily upset/hurt; takes a long time to recover

Never Occasionally Frequently Always

39) Does not transition smoothly from one activity to another

Never Occasionally Frequently Always

40) Has difficulty making and keeping friends

Never Occasionally Frequently Always

41) Lacks confidence with new environments and new tasks

Never Occasionally Frequently Always

42) Is not affectionate, not touching or hugging

Never Occasionally Frequently Always

43) Seems “needy” – lacks independence, has low self-reliance, has low self-esteem

Never Occasionally Frequently Always

44) Prefers to interact with others 3 or more years younger

Never Occasionally Frequently Always

45) Responds to situations in an immature manner for age

Never Occasionally Frequently Always

46) Responds with exaggerated emotion to external sensory stimuli

Never Occasionally Frequently Always

47) Avoids social situations; prefers to be alone

Never Occasionally Frequently Always

48) Is possessive with belongings, doesn't share well

Never Occasionally Frequently Always

49) Lacks tactfulness; acts impulsively

Never Occasionally Frequently Always

50) Seems pessimistic, i.e., expects the worst

Never Occasionally Frequently Always

AUDITORY / LANGUAGE :

51) Has difficulty following what others are saying

Never Occasionally Frequently Always

52) Says "What?" or "Huh?", needs instructions repeated, prefers visual cues

Never Occasionally Frequently Always

53) Has difficulty interpreting tone of voice – e.g. angry vs. joking

Never Occasionally Frequently Always

54) Has a delayed response with reacting to speech/directions

Never Occasionally Frequently Always

55) Dislikes shrill sounds, or popping sounds, such as intercom, fire alarms

Never Occasionally Frequently Always

56) Has difficulty determining from what direction a sound is coming

Never Occasionally Frequently Always

57) Confuses similar sounding words, such as 'mouth' and 'mouse'

Never Occasionally Frequently Always

58) Is difficult to understand; doesn't speak clearly; mumbles

Never Occasionally Frequently Always

59) Speaks with monotone voice

Never Occasionally Frequently Always

60) Has difficulty hearing conversation/instructions in noisy environment

Never Occasionally Frequently Always

61) Is distracted fairly easily by sounds; loses concentration

Never Occasionally Frequently Always

62) Cannot identify words that rhyme

Never Occasionally Frequently Always

63) Needs hands-on or visual instructions along with verbal

Never Occasionally Frequently Always

64) Struggles to express thoughts, ideas

Never Occasionally Frequently Always

65) Has poor reading fluency

Never Occasionally Frequently Always

66) Is unable to complete two unrelated commands (e.g., "Complete your essay and place it on my desk.")

Never Occasionally Frequently Always

67) Has difficulty with spelling

Never Occasionally Frequently Always

68) Uses poor grammar; doesn't speak in complete sentences

Never Occasionally Frequently Always

ORGANIZATION / ATTENTION / COGNITIVE :

69) Is easily distracted; not able to stay on task

Never Occasionally Frequently Always

70) Needs frequent redirection and/or refocusing toward task at hand

Never Occasionally Frequently Always

71) Forgets/loses items, such as jacket, hat, backpack, homework and other belongings

Never Occasionally Frequently Always

72) Gazes into space/appears to be in own world

Never Occasionally Frequently Always

73) Has difficulty planning ahead (leaving the classroom or gym for another activity)

Never Occasionally Frequently Always

74) Has difficulty self-regulating actions and/or emotions

Never Occasionally Frequently Always

75) Has difficulty sitting still; moves a lot, especially if trying to pay attention

Never Occasionally Frequently Always

76) Interrupts others

Never Occasionally Frequently Always

77) Has disorganized notes or poor study skills

Never Occasionally Frequently Always

78) Has difficulty sitting still during class or for a one-hour instructional period

Never Occasionally Frequently Always

79) Exhibits poor working memory, i.e., forgets things just explained

Never Occasionally Frequently Always

80) Must re-read material several times to comprehend

Never Occasionally Frequently Always

81) Has difficulty listening to plays, poetry or other readings in English class and is unable to maintain attention

Never Occasionally Frequently Always

82) Can't remember sequential tasks – e.g. do A, then B, then C

Never Occasionally Frequently Always

83) Omits part of a sequential task, i.e., do A, B, then C

Never Occasionally Frequently Always

84) Is unable to recall the number of letters, numbers, or words in a series equivalent to his/her peers

Never Occasionally Frequently Always

85) Is unable to keep up with new lesson; needs additional time and tutoring

Never Occasionally Frequently Always

86) Has difficulty organizing personal spaces/takes a long time to perform daily activities

Never Occasionally Frequently Always

87) Has difficulty shifting attention from one activity or object to another (more so than peers)

Never Occasionally Frequently Always

88) Is disorganized with school assignments, schedule

Never Occasionally Frequently Always

89) Often fails to begin or complete tasks or projects unless helped

Never Occasionally Frequently Always

90) Starts many tasks or projects, but doesn't complete them

Never Occasionally Frequently Always

91) Does not recognize cause and effect

Never Occasionally Frequently Always

92) Demonstrates poor judgment and reasoning skills

Never Occasionally Frequently Always

93) Acts before thinking; impulsive

Never Occasionally Frequently Always

94) Constantly makes vocal noises to stay attentive, i.e., humming, talking to self

Never Occasionally Frequently Always

95) Has a tendency to ramble, can't "get to the point"

Never Occasionally Frequently Always

96) Has difficulty organizing thoughts verbally or on paper

Never Occasionally Frequently Always

SLEEP :

97) Lies awake for half an hour or more before falling asleep

Never Occasionally Frequently Always

98) Awakens more than once during the night

Never Occasionally Frequently Always

99) Cannot get back to sleep easily

Never Occasionally Frequently Always

100) Has fitful sleep cycles (tosses, turns, restless)

Never Occasionally Frequently Always

101) Has thoughts racing through mind preventing getting to sleep

Never Occasionally Frequently Always

102) Awakens during the night with nightmares

Never Occasionally Frequently Always

103) Wakes up grouchy, irritable and mood persists throughout the day

Never Occasionally Frequently Always

104) Feels sleepy and struggles to remain alert during day

Never Occasionally Frequently Always

105) Is hard to wake up in morning

Never Occasionally Frequently Always