



MFA for Adults

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) Has difficulty learning to type with both hands

Never Occasionally Frequently Always

3) Avoids movement activities (rotation, feet off ground, side-to-side movement, i.e. skating)

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

6) Exhibits poor posture, slumps or slouches

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

8) Is clumsy, awkward, or accident prone

Never Occasionally Frequently Always

9) Has poor eye-hand coordination

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

11) Has difficulty learning new motor activities or movements that require more than two steps

Never Occasionally Frequently Always

12) Avoids activities that require fine motor manipulation

Never Occasionally Frequently Always

13) Has difficulty catching things

Never Occasionally Frequently Always

14) Has a poor sense of balance

Never Occasionally Frequently Always

15) Has a poor sense of rhythm, timing

Never Occasionally Frequently Always

SENSORY:

16) Seems bothered by textures on body (i.e. sticky items, sand/dirt, nail clippers, scissors with haircut, clothing fabrics/tags)

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

18) Is bothered by loud and/or unexpected sounds

Never Occasionally Frequently Always

19) Doesn't like being touched, over-responds to unexpected touch/bumps

Never Occasionally Frequently Always

20) Avoids sustained eye contact

Never Occasionally Frequently Always

21) Has an activity level that seems unusually high

Never Occasionally Frequently Always

22) Has an activity level that seems unusually low

Never Occasionally Frequently Always

23) Is impulsive/lacks self-control

Never Occasionally Frequently Always

SOCIAL / EMOTIONAL:

24) Is irritable, short-tempered

Never Occasionally Frequently Always

25) Is easily overwhelmed, frustrated by daily activities

Never Occasionally Frequently Always

26) Is emotionally intense in most activities

Never Occasionally Frequently Always

27) Has frequent mood fluctuations

Never Occasionally Frequently Always

28) Is anxious, bites nails, face and body are not relaxed

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

30) Does not transition smoothly from one activity to another

Never Occasionally Frequently Always

31) Has difficulty making and keeping friends

Never Occasionally Frequently Always

32) Lacks confidence with new environments and new tasks

Never Occasionally Frequently Always

33) Is not affectionate, not touching or hugging

Never Occasionally Frequently Always

34) Seems overly emotional

Never Occasionally Frequently Always

35) Seems “needy”, lacks independence, low level of self-reliance, low self-esteem

Never Occasionally Frequently Always

36) Avoids social situations; prefers to be alone

Never Occasionally Frequently Always

37) Lacks tactfulness, acts impulsively

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

39) Likes to be in control

Never Occasionally Frequently Always

AUDITORY / LANGUAGE:

40) Has difficulty following what others are saying

Never Occasionally Frequently Always

41) Says “What?” or “Huh?”, needs instructions repeated, prefers visual cues

Never Occasionally Frequently Always

42) Has difficulty interpreting tone of voice - e.g. angry vs. joking

Never Occasionally Frequently Always

43) Is slow to react to speech/directions

Never Occasionally Frequently Always

44) Dislikes shrill sounds, or popping sounds, such as sirens, fireworks

Never Occasionally Frequently Always

45) Confuses similar sounding words, such as mouth and mouse

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

48) Speaks with monotone voice

Never Occasionally Frequently Always

49) Has difficulty hearing conversation/instructions in noisy environment

Never Occasionally Frequently Always

50) Is distracted fairly easily by sounds; loses concentration

Never Occasionally Frequently Always

51) Exhibits difficulty organizing thoughts; stumbles over words

Never Occasionally Frequently Always

52) Has poor reading fluency

Never Occasionally Frequently Always

53) Has difficulty with spelling

Never Occasionally Frequently Always

ORGANIZATION / ATTENTION / COGNITIVE:

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

Never Occasionally Frequently Always

55) Misplaces items, such as glasses, keys and other belongings

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

57) Has difficulty planning ahead

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

60) Interrupts others

Never Occasionally Frequently Always

61) Is disorganized and has poor work habits

Never Occasionally Frequently Always

62) Has difficulty sitting still during meetings

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

64) Has poor working memory, i.e., forgets things just explained

Never Occasionally Frequently Always

65) Must re-read material several times to comprehend

Never Occasionally Frequently Always

66) Can't remember or omits sequential tasks (e.g. do A, then B, then C)

Never Occasionally Frequently Always

67) Has difficulty organizing personal spaces/takes a long time to perform household or work-related activities

Never Occasionally Frequently Always

68) Has difficulty shifting attention from one activity or object to another

Never Occasionally Frequently Always

69) Often fails to begin or complete tasks or projects

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

71) Does not recognize cause and effect

Never Occasionally Frequently Always

72) Demonstrates poor judgment and reasoning skills

Never Occasionally Frequently Always

73) Acts before thinking; impulsive

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

75) Has difficulty organizing thoughts verbally or on paper

Never Occasionally Frequently Always

SLEEP :

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

Never Occasionally Frequently Always

77) Has thoughts racing through mind preventing getting to sleep

Never Occasionally Frequently Always

78) Awakens frequently during the night

Never Occasionally Frequently Always

79) Cannot get back to sleep easily

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

81) Awakens during the night with nightmares

Never Occasionally Frequently Always

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

Never Occasionally Frequently Always

83) Feels sleepy and struggles to remain alert during day

Never Occasionally Frequently Always

84) Is hard to wake up in morning

Never Occasionally Frequently Always