

Behavior Rating Inventory of Executive Function -

Adult Version™

BRIEF-A™

Feedback Report

Developed by

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Client Information

Client Name : Sample Client

Client ID : Sample Client

Gender : Male

Age : 20

Birthdate : 08/02/1986

Test Date : 09/25/2006

Test Form : BRIEF-A Informant Report Form

Rater Name : John Doe

Relationship to Client : Friend

Test Description : Website Sample

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Version: 1.00.019

Introduction

The Behavior Rating Inventory of Executive Function – Adult Version™ (BRIEF-A™) is a questionnaire completed by adults ages 18 to 90 years and/or informants who know them well, such as spouses, children, or parents. It is designed to capture the individual's views of his or her own strengths and weaknesses in executive functioning in the past month, as well as the views of informants familiar with the individual's functioning. An understanding of the individual's perspective can complement informant ratings of his or her executive functioning, and can foster a collaborative working relationship within which areas of difficulty may be addressed.

The BRIEF-A assesses nine aspects of executive functioning subsumed under two broad domains reflecting the ability to maintain appropriate control over one's thoughts, behaviors, and emotions (i.e., Behavioral Regulation) and the ability to manage one's attention and problem solving (i.e., Metacognition). The individual aspects evaluated include (a) selecting appropriate goals for a particular task; (b) planning and organizing an approach to problem solving; (c) inhibiting (i.e., blocking out) distractions and keeping oneself from acting impulsively or acting inappropriately in one's environment; (d) holding information such as goals and plans in mind over time; (e) flexibly altering one's behavior and/or problem-solving strategy when necessary; and (f) monitoring one's own behavior for mistakes as well as for its effect on others. The executive functions also are responsible for regulating emotional responses, thereby allowing for more effective problem solving and more successful interpersonal relationships.

Ratings of Mr. Client's executive function, as described in everyday behavioral terms, reveal one or more areas of concern. Mr. Client is described as generally in control of his behavior and emotions. Some difficulties are noted with one or more aspects of problem solving. Specifically, Mr. Client is described as having some difficulties with the ability to sustain working memory, plan and organize problem-solving approaches, and attend to task-oriented output. Otherwise, Mr. Client's ability to inhibit impulsive responses, adjust to changes in routine or task demands, modulate emotions, monitor social behavior, initiate problem solving or activity, and organize environment and materials is described as appropriate.

Ratings of Mr. Client's behavior across the eight domains reflecting executive functioning generated the following results:

1. *Inhibit* is the ability to resist impulses and to stop one's behavior at the appropriate time. Mr. Client is described as able to resist impulses and to consider the potential consequences of his actions before acting. He exhibits appropriate self-control as compared to others his age.
2. *Shifting* is the ability to make transitions, tolerate change, problem-solve flexibly, and switch or alternate one's attention from one focus or topic to another. Mr. Client is described as generally able to shift his attention from task to task and to adjust to changes in schedule, routines, and/or environment. He is able to think of, or to accept, different ways of solving problems, and demonstrates flexibility in performing day-to-day activities.
3. *Emotional control* reflects the influence of the executive functions on the expression and regulation of one's emotions. Mr. Client is perceived as having an appropriate level of emotional control. In other words, he reacts to events in an appropriate way; without emotional outbursts, sudden or frequent mood changes, and/or excessive periods of feeling upset.

4. *Self-Monitoring* reflects an individual's awareness of the effect that his or her behavior has on others. Mr. Client is described as demonstrating an appropriate overall level of monitoring. He is perceived as being reasonably observant of his own behavior and of the impact this behavior may have on social interactions with others.

5. *Initiation* reflects an individual's ability to "get going" or "get started" on physical or mental activity, such as generating problem-solving ideas or getting up and starting a task. Mr. Client is described as having no difficulties with initiation.

6. *Working memory* is described as the capacity to hold information in mind in order to complete a task, encode and store information, or generate goals. Working memory is essential for carrying out multistep activities, completing mental manipulations such as mental arithmetic, and/or following complex instructions. Mr. Client is described as having some difficulty holding an appropriate amount of information in "active memory" for further processing, encoding, and/or mental manipulation. He may have difficulty sustaining working memory, which may make it difficult for him to remain attentive and focused for appropriate lengths of time.

7. *Planning and organization* are important components of problem solving. Planning involves setting a goal and determining the best way to reach that goal, often through a series of steps. Organization involves the ability to bring order to information and to appreciate main ideas or key concepts when learning or communicating information, either orally or in writing. Mr. Client is viewed as having some planning and organizational difficulties. He may underestimate the time required to complete a task and/or the level of difficulty inherent in a task. Mr. Client also may have trouble determining and carrying out the multiple steps needed to reach a goal. He may be viewed as having good ideas but as unable to express them adequately on tests and written assignments.

8. *Task Monitoring* captures the ability to attend to one's success or failure on tasks and to adjust strategies or correct work appropriately. Mr. Client is viewed as having some difficulty monitoring his task-oriented efforts. He may make frequent minor mistakes or be inattentive to errors or details.

9. Another aspect of organization is the ability to order and organize things (*Organization of Materials*) in one's environment, including the maintenance of orderly work, living, and storage spaces (e.g., desks, rooms). This type of organization involves organizing, keeping track of, and cleaning up one's belongings, as well as making sure beforehand that the materials needed for a task are available. Mr. Client is described as being reasonably well organized and generally able to maintain the orderliness of things in his environment. Typically, he is typically able to find his belongings or his materials when he needs them.

End of Report