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## Individual Score Report - Self Rating Form

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D-REF Adult  
Delis Rating of Executive Functions, Adult  
*Dean C. Delis, PhD*

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### Examinee Information

Examinee ID: 1982  
Examinee Name: Client B  
Date of Birth: 09/05/1982  
Date of Rating: 04/04/2021  
Age at Rating: 38 years 6 months  
Gender: Female  
Referral Source: Neurologist

### Examinee Provided Information

Current Marital Status: Married  
Currently Employed: No  
Current Living Situation: Independent

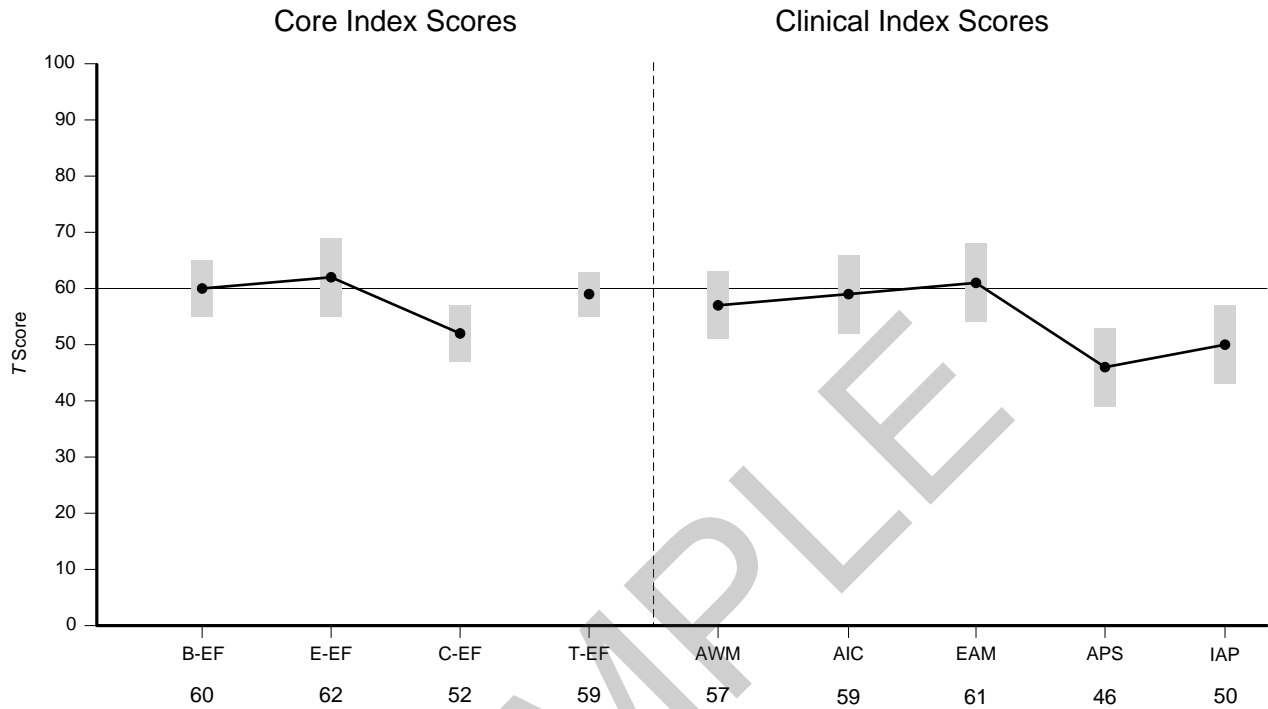
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[ 1.0 / RE1 / QG1 ]

## D-REF ADULT CORE AND CLINICAL INDEX SCORE PROFILE



B-EF = Behavioral Executive Functioning; E-EF = Emotional Executive Functioning; C-EF = Cognitive Executive Functioning; T-EF = Total Executive Functioning; AWM = Attention/Working Memory; AIC = Activity Level/Impulse Control; EAM = Emotional Control/Anger Management; APS = Abstract Thinking/Problem-Solving; IAP = Initiation/Apathy

**Note.** Shaded bar represents confidence interval.

### VALIDITY INDEX SUMMARY

Index	Raw Score	ADHD Sample Cumulative Percentage (Base Rate)
Inconsistency Index	8	>=98
Infrequency Index	12	<90

## CORE INDEX SUMMARY

Index	Raw Score/ Sum of T Scores	T Score	Percentile Rank	90% Confidence Interval	Descriptive Classification
Behavioral Executive Functioning	31	60	86	55 - 65	Mild Elevation
Emotional Executive Functioning	23	62	87	55 - 69	Mild Elevation
Cognitive Executive Functioning	39	52	61	47 - 57	Average Elevation
Total Executive Functioning	174	59	82	55 - 63	Average Elevation

## CLINICAL INDEX SUMMARY

Index	Raw Score	T Score	Percentile Rank	90% Confidence Interval	Descriptive Classification
Attention/Working Memory	16	57	76	51 - 63	Average Elevation
Activity Level/Impulse Control	16	59	86	52 - 66	Average Elevation
Emotional Control/Anger Management	16	61	85	54 - 68	Mild Elevation
Abstract Thinking/Problem-Solving	11	46	47	39 - 53	Average Elevation
Initiation/Apathy	12	50	56	43 - 57	Average Elevation

## CORE INDEX COMPARISONS

Comparison (Index 1 - Index 2)	Index 1	Index 2	Difference	Critical Value .05	Significant	Base Rate
Behavioral Executive Functioning - Emotional Executive Functioning	60	62	-2	10.19	N	36.0%
Behavioral Executive Functioning - Cognitive Executive Functioning	60	52	8	8.55	N	13.5%
Emotional Executive Functioning - Cognitive Executive Functioning	62	52	10	9.60	Y	10.3%

## CLINICAL INDEX COMPARISONS

Comparison (Index 1 - Index 2)	Index 1	Index 2	Difference	Critical Value .05	Significant	Base Rate
Attention/Working Memory - Activity Level/Impulse Control	57	59	-2	10.73	N	42.5%
Attention/Working Memory - Emotional Control/Anger Management	57	61	-4	10.91	N	31.8%
Attention/Working Memory - Abstract Thinking/Problem-Solving	57	46	11	10.91	Y	9.0%
Attention/Working Memory - Initiation/Apathy	57	50	7	11.08	N	20.0%
Activity Level/Impulse Control - Emotional Control/Anger Management	59	61	-2	11.92	N	37.3%
Activity Level/Impulse Control - Abstract Thinking/Problem-Solving	59	46	13	11.92	Y	7.3%
Activity Level/Impulse Control - Initiation/Apathy	59	50	9	12.08	N	18.8%
Emotional Control/Anger Management - Abstract Thinking/Problem-Solving	61	46	15	12.09	Y	5.8%
Emotional Control/Anger Management - Initiation/Apathy	61	50	11	12.24	N	13.0%
Abstract Thinking/Problem-Solving - Initiation/Apathy	46	50	-4	12.24	N	32.3%

## MOST DISTRESSING SYMPTOMS

Item	Rating
3. I get mad easily.	Daily
30. People tell me to calm down.	Daily
40. I am disorganized.	Seldom/Never
53. I argue with others.	Daily
58. I have trouble multitasking.	Seldom/Never

## PERCENTAGE OF DIFFERENT RATINGS BY THE EXAMINEE

Rating	Percentage
Seldom/Never	48.9%
Monthly	21.3%
Weekly	12.8%
Daily	17.0%
Unanswered	0.0%

### PERCENTAGE OF DIFFERENT RATINGS IN NORMATIVE SAMPLE BY AGE GROUP

Rating	Age Group			
	19-24	25-39	40-64	65-79
Seldom/Never	51.7%	57.1%	67.7%	68.2%
Monthly	29.6%	27.5%	23.6%	22.6%
Weekly	12.4%	10.3%	5.7%	6.4%
Daily	6.2%	5.1%	3.0%	2.8%

SAMPLE

## ITEM RESPONSES

Item	Response
1. I say things before thinking.	Seldom/Never
2. When I'm working on something, I'll get distracted and won't finish what I started.	Monthly
3. I get mad easily.	Daily
4. I forget what I'm supposed to do.	Monthly
5. I'm not interested in going places.	Weekly
6. I have trouble reading words that I could read before.	Monthly
7. I can't sit still for very long.	Weekly
8. I have trouble completing things.	Weekly
9. I don't think before acting.	Daily
10. I should be watched because I might do things like leave the stove on.	Seldom/Never
11. I can't control my anger.	Seldom/Never
12. I sit around doing nothing.	Seldom/Never
13. I can't help doing things that I shouldn't do.	Seldom/Never
14. I need to listen and pay attention better.	Monthly
15. I can't control my crying or laughing.	Monthly
16. I have missed my mouth when eating or drinking.	Seldom/Never
17. I get frustrated when people say I do things wrong.	Daily
18. I don't feel motivated to do things.	Seldom/Never
19. I have trouble following directions.	Weekly
20. It's hard for me to keep doing boring things.	Monthly
21. People say I'm too hyper.	Monthly
22. I get confused when ordering food at a restaurant.	Seldom/Never
23. I can't concentrate on something for very long.	Daily
24. I make mistakes because I'm in a hurry.	Seldom/Never
25. People say I annoy or irritate them.	Daily
26. I randomly jump from one topic to another when talking.	Seldom/Never
27. I have trouble making decisions.	Monthly
28. I can't remain quiet when expected.	Seldom/Never
29. I get off task when doing things.	Weekly
30. People tell me to calm down.	Daily
31. I make simple addition or subtraction mistakes even when using a calculator.	Daily
32. I spend a lot of time trying to find things I need.	Seldom/Never
33. I take foolish risks.	Monthly
34. When I have a lot of things to do, I don't know where to start.	Seldom/Never
35. People say I talk too much.	Monthly
36. I have difficulty adjusting to changes in my routine.	Weekly
37. I hurt others' feelings without meaning to.	Daily
38. I have trouble planning things.	Seldom/Never
39. I forget to look both ways when crossing a street.	Monthly

40. I am disorganized.	Seldom/Never
41. I mess things up because I don't read the instructions.	Seldom/Never
42. My mood changes from happy to sad or mad quickly.	Seldom/Never
43. I have a hard time getting started on things.	Seldom/Never
44. I make poor decisions when spending money.	Seldom/Never
45. Little setbacks make me upset.	Seldom/Never
46. I don't get excited about things.	Monthly
47. People say I use poor judgement.	Seldom/Never
48. I have trouble coming up with ideas to solve problems.	Seldom/Never
49. I take risks even when I might get hurt.	Seldom/Never
50. I have to be reminded to do basic things like brush my teeth or bathe.	Seldom/Never
51. I spend money recklessly.	Monthly
52. I lose track of what I'm doing because of noise or other things going on.	Weekly
53. I argue with others.	Daily
54. I focus on small details and miss the main point.	Seldom/Never
55. I try to solve problems the same way, even if it doesn't work.	Seldom/Never
56. I get frustrated easily.	Seldom/Never
57. I miss meals if they're not prepared for me.	Seldom/Never
58. I have trouble multitasking.	Seldom/Never

## INTERVENTION STRATEGIES

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The following interventions are suggestions to consider when planning treatment recommendations for the client. The suggested interventions are derived from the general literature on cognitive rehabilitation and psychotherapy, on evidence-based research of treatment interventions, and/or on the clinical experience of the D-REF Adult author. The specific interventions suggested are based on the client's profile of T scores on the D-REF Adult clinical indexes; however, before deciding on the most appropriate recommended interventions for an individual, incorporate information from other sources as well, including a clinical interview, record review, validity findings, and performance-based cognitive tests.

### Emotional Control/Anger Management Index

Recommended intervention strategies:

- Monitor stress level and anticipate overreactions.
- Use self-talk to reduce frustration.
- Identify common anger-triggering situations and strive to avoid or escape them.
- Learn to label different emotions and reactions to increase self-awareness.
- Practice verbalizing initial emotional reactions before they escalate.
- Use deep breathing exercises at the first signs of stress.
- Use physical exercise to channel frustration and anger in positive ways.
- Learn diffusing techniques, such as identifying and countering catastrophic thoughts.
- Include meditation and mindfulness exercises (e.g., self-reflection) in daily routine.
- Learn to use calming apps (e.g., storytelling, guided meditation) on digital device.
- Practice speaking in a calm, nonthreatening manner.
- Use a safe, time-out room to vent emotions away from others.
- Keep a written log of overreactions with the goal of reducing their frequency over time.
- Reward self for increasingly longer periods of emotional stability.
- Seek out supportive, calming people when emotions are starting to rise.
- Keep one or two supportive individuals on speed dial to call in situations that are starting to escalate.
- If possible, avoid socializing with individuals who are often upsetting or irritating.
- Make an agreement with family or close friends to audio-record daily conversations in order to increase self-awareness of when and how anger reactions arise.
- Consider joining an anger management therapy group.
- Consider a referral for individual psychotherapy that provides anger management interventions.
- Consider a referral for family therapy with a focus on learning strategies to diffuse emotionally charged situations.
- Consider a referral to a psychiatrist or general practitioner for possible medication management of mood swings.

### End of Report