

TABLE 4.1. Precoaching Paperwork

Measure	Description
Application for services	This varies by practitioner but will generally ask for basic demographic and referral information.
Academic Success Inventory for College Students (Prevatt, Li, et al., 2011)	Includes 50 items that measure academic functioning in 10 domains: general academic skills, career decidedness, internal and external motivation, anxiety, concentration, socializing, personal adjustment, and perceived efficacy of the instructor. (This scale is described in detail in Chapter 5 and in the case study in Chapter 10.)
Barkley Deficits in Executive Functioning Scale (Barkley, 2011b)	Includes 89 items with five domain scores: self-management to time, self-organization/problem-solving, self-restraint, self-motivation, and self-regulation of emotions. Additionally, a total executive functioning (EF) summary score and an ADHD-EF Index are produced. (This scale is described in detail in Chapter 5 and in the case study in Chapter 10.)
Client Symptom Checklist (see Appendix 4.1)	Includes 24 items using <i>DSM</i> terminology to rate symptoms of depression, anxiety, panic, and ADHD. The following symptoms screen for depression: depressed mood, feeling hopeless, fatigued, poor concentration, difficulty sleeping, and irritable. The symptoms that screen for anxiety include restless, poor concentration, anxious, worried, difficulty sleeping, and feeling irritable.
Coaching Topics Survey	Includes 27 items asking clients what they need to work on, such as time management, establishing routines, and healthy lifestyle.
Barkley (2011a) Adult ADHD Rating Scale–IV	Includes 18 items based on <i>DSM</i> rating symptoms of inattention, hyperactivity, and impulsivity.
The Outcome Questionnaire–45 (Lambert & Finch, 1999)	Includes 45 items that measure functioning in three areas: Symptom Distress (heavily loaded for depression and anxiety), Interpersonal Functioning (e.g., getting along with others, satisfaction with relationships), and Social Role (e.g., find school or work satisfying).
Rosenberg Self-Esteem Scale (Rosenberg, 1965)	Includes 10 items that measure global self-esteem.

Note. ADHD = attention-deficit/hyperactivity disorder; *DSM* = *Diagnostic and Statistical Manual of Mental Disorders*.