

Appendix

Answer these questions according to the below defined scores

1	2	3	4	5	6
Almost always	Very frequently	Somewhat frequently	Somewhat infrequently	Very infrequently	Almost never

Please tick () or circle around the score

1	I could be experiencing some emotion and not be conscious of it until sometime later	1	2	3	4	5	6
2	I break or spill things because of carelessness, not paying attention, or thinking of something else	1	2	3	4	5	6
3	I find it difficult to stay focused on what's happening in the present	1	2	3	4	5	6
4	I tend to walk quickly to get where I'm going without paying attention to what I experience along the way	1	2	3	4	5	6
5	I tend not to notice feelings of physical tension or discomfort until they really grab my attention	1	2	3	4	5	6
6	I forget a person's name almost as soon as I've been told it for the first time	1	2	3	4	5	6
7	It seems I am "running on automatic", without much awareness of what I'm doing	1	2	3	4	5	6
8	I rush through activities without being really attentive to them	1	2	3	4	5	6
9	I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there	1	2	3	4	5	6
10	I do jobs or tasks automatically, without being aware of what I'm doing	1	2	3	4	5	6
11	I find myself listening to someone with one ear, doing something else at the same time	1	2	3	4	5	6
12	I drive places on "automatic pilot" and then wonder why I went there	1	2	3	4	5	6
13	I find myself preoccupied with the future or the past	1	2	3	4	5	6
14	I find myself doing things without paying attention	1	2	3	4	5	6
15	I snack without being aware that I'm eating	1	2	3	4	5	6