

CFQ-MAL: Participant #: _____

This is a questionnaire about minor cognitive failures. You will answer 40 questions that try to record how often the different kinds of minor failures happen to you.

The following questions refer to minor failures, which happen to all of us from time to time. Some of these failures occur more frequently than others. Please indicate how frequently you notice such incidents in your own behavior by specifying how often such incidents have happened to you during the last twelve months.

Please mark only one answer per row.

		never	rarely	once in a while	often	very often
1.	Do you read something and find you haven't been thinking about it, so you have to read it again?	☐	☐	☐	☐	☐
2.	Do you find you forget why you went from one part of the house to the other?	☐	☐	☐	☐	☐
3.	Do you find that you forget whether you've turned off a light or the stove or locked the door?	☐	☐	☐	☐	☐
4.	Do you find it difficult to stay focused on what's happening in the present?	☐	☐	☐	☐	☐
5.	Do you forget where you put something like a newspaper, set of keys, or book?	☐	☐	☐	☐	☐
6.	Do you find you accidentally throw away the thing you want, and keep what you meant to throw away – as in the example of throwing away the matchbook and putting the used match in your pocket?	☐	☐	☐	☐	☐
7.	Do you daydream when you ought to be listening to something?	☐	☐	☐	☐	☐
8.	Do you start doing one thing at home and get distracted into doing something else (unintentionally)?	☐	☐	☐	☐	☐
9.	At the end of a conversation, do you realize that you forget to mention something you wanted to say?	☐	☐	☐	☐	☐
10.	Do you have to return to your home or apartment to pick up something you forgot?	☐	☐	☐	☐	☐
11.	Do you forget to give a message to somebody as you were requested to do?	☐	☐	☐	☐	☐
12.	Do you <i>not</i> notice feelings of physical tension or discomfort until they really grab your attention?	☐	☐	☐	☐	☐
13.	Are you unable to find something that you put away only a couple of days ago?	☐	☐	☐	☐	☐
14.	Do you drive places on "automatic pilot" and then wonder how or why you went there?	☐	☐	☐	☐	☐

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15.	Do you forget a person's name almost as soon as you've been told it for the first time?	☐	☐	☐	☐	☐
16.	Do you forget a change in your daily routine, such as a change in the place where something is kept, or a change in the time something happens?	☐	☐	☐	☐	☐
17.	Do you have to go back to check whether you have done something that you meant to do?	☐	☐	☐	☐	☐
18.	Do you find your mind wandering when you're doing something that needs your concentration?	☐	☐	☐	☐	☐
19.	Do you completely forget to take things with you, or leave things behind and have to go back and get them?	☐	☐	☐	☐	☐
20.	Do you decide to do something and then find yourself side-tracked into doing something different?	☐	☐	☐	☐	☐
21.	Do you start to read something (a book or an article in a magazine) without realizing you have read it before?	☐	☐	☐	☐	☐
22.	Do you completely forget to do things you said you would do, and things you planned to do?	☐	☐	☐	☐	☐
23.	Do you find you are not sure whether you have told someone a particular story or joke already?	☐	☐	☐	☐	☐
24.	Does it seem you are "running on automatic" without much awareness of what you're doing?	☐	☐	☐	☐	☐
25.	Do you find it hard to keep your mind on a task or job?	☐	☐	☐	☐	☐
26.	Do you do some routine thing more than once by mistake? For example, going to brush your teeth when you have just done so?	☐	☐	☐	☐	☐
27.	Do you begin to do something and then forget what you were supposed to be doing?	☐	☐	☐	☐	☐
28.	Do you lose your train of thought in conversation?	☐	☐	☐	☐	☐
29.	Do you have the feeling that you should be doing something, either now or later, but you can't remember what?	☐	☐	☐	☐	☐
30.	Do you leave some necessary step out of a task? For example, forgetting to put tea in the teapot.	☐	☐	☐	☐	☐
31.	Do you do jobs or tasks automatically without being aware of what you're doing?	☐	☐	☐	☐	☐
32.	Do you think you're paying attention to something when you're actually not (such as when reading a book or having a conversation)?	☐	☐	☐	☐	☐

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33.	Do you forget to keep appointments that you don't write down?	☐	☐	☐	☐	☐
34.	Do you find you forget which way to turn on a road that you're quite familiar with but rarely use?	☐	☐	☐	☐	☐
35.	Are you unable to remember something that you had been told some time ago?	☐	☐	☐	☐	☐
36.	Do you have the 'what-am-I-here-for' feeling when you find you've forgotten what you went somewhere to do?	☐	☐	☐	☐	☐
37.	Do you do something automatically, or by habit, that you really wouldn't have done if you had thought more about it?	☐	☐	☐	☐	☐
38.	Do you find yourself <i>not</i> having done something you intended after having been interrupted unexpectedly?	☐	☐	☐	☐	☐
39.	Do you find yourself searching for something that you are actually carrying around with you?	☐	☐	☐	☐	☐
40.	Do you "lose your place" in the course of carrying out some fairly routine activity?	☐	☐	☐	☐	☐