

## The SWAN Rating Scale

**Your name:** \_\_\_\_\_ **Gender:** M    F  
**Date of birth (M/D/Y):** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Age:** \_\_\_\_ **Grade:** \_\_\_\_  
**Today's date (M/D/Y):** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

People differ in their abilities to focus attention, control activity, and inhibit impulses. For each item listed below, how do you compare to other people of the same age? Please select the best rating based on your observations over the past month.

**NOTE: this questionnaire has 2 sides, please turn over.**

*Compared to other people your age, how do you do the following:*

	Far Below	Below	Slightly Below	Average	Slightly Above	Above	Far Above
1. Give close attention to detail and avoid careless mistakes							
2. Sustain attention on tasks and play activities							
3. Listen when spoken to directly							
4. Follow through on instructions and finish schoolwork/chores							
5. Organize tasks and activities							
6. Engage in tasks that require sustained mental effort							
7. Keep track of things necessary for activities							
8. Ignore extraneous stimuli							
9. Remember daily activities							
10. Sit still (control movements of hands/feet or control squirming)							
11. Stay seated (when required by class rules/social conventions)							
12. Modulate motor activity (inhibit inappropriate running/climbing)							
13. Play quietly (keep noise level reasonable)							

	<b>Far Below</b>	<b>Below</b>	<b>Slightly Below</b>	<b>Average</b>	<b>Slightly Above</b>	<b>Above</b>	<b>Far Above</b>
14. Settle down and rest (control constant activity)							
15. Modulate verbal activity (control excess talking)							
16. Reflect on questions (control blurting out answers)							
17. Await turn (stand in line and take turns)							
18. Enter into conversations and games (control interrupting/ intruding)							
19. Control temper							
20. Avoid arguing with adults							
21. Follow adult requests or rules (follow instructions)							
22. Avoid deliberately doing things that annoy others							
23. Assume responsibility for mistakes or misbehaviour							
24. Ignore annoyances of others							
25. Control anger and resentment							
26. Control spitefulness or vindictiveness							
27. Avoid quarreling							
28. Remain focused on task (do not stare into space/ daydream)							
29. Maintain appropriate energy level (are not sluggish or drowsy)							
30. Engage in goal directed activity (are not apathetic or unmotivated)							