



# Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA)

By Russell A. Barkley PhD ABPP ABCN

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## Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) By Russell A. Barkley PhD ABPP ABCN

The Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) is an empirically based tool for evaluating clinically significant dimensions of child and adolescent executive functioning. Evidence indicates that the BDEFS-CA is far more predictive of impairments in daily life activities than more time-consuming and costly traditional EF tests. The BDEFS-CA offers an ecologically valid snapshot of the capacities involved in time management, organization and problem solving, self-restraint, self-motivation, and self-regulation of emotions. Two parent-report forms are included: a long form (10-15 minutes) and a short form (3-5 minutes). There is also a short clinical interview form based on the short-form rating scale, for use in unusual circumstances where a parent is unable to complete a rating scale. Special features include an ADHD risk index in the long form. Complete instructions for scoring and interpreting the scale are provided.

### QUICK VIEW

**What does it do?:** Provides an ecologically valid assessment of executive functioning deficits in daily life activities.

**Age Range:** 6-17

**Administration Time:** Long Form: 10-15 minutes. Short Form: 3-5 minutes.

**Format:** Parent-report rating scale.

**Cost of Additional Forms:** No cost--purchasers get permission to reproduce the forms and score sheets for repeated use.

See also the *Barkley Deficits in Executive Functioning Scale (BDEFS for Adults)* and Barkley's authoritative book on EF development and deficits, *Executive Functions*. Also available: *Barkley Functional Impairment Scale--Children and Adolescents (BFIS-CA)*.

### Includes Permission to Photocopy

Enhancing the convenience and value of the BDEFS-CA, the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales. The large format and sturdy

wire binding facilitate photocopying.

**Age range:** 6-17.

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### **Editorial Review**

#### **Review**

"Barkley has once again developed a useful, easily administered, and cost-effective assessment instrument. The value of the BDEFS-CA goes beyond the instrument itself; the thorough yet concise manual is also extremely useful. Barkley provides an impeccable presentation of the development of the scale and the methodology for measuring its reliability and validity. He makes a strong case for the relationship between attention disorders and EF deficits and documents the impact of these deficits in many areas of children's lives."--Peg Dawson, EdD, Center for Learning and Attention Disorders, Portsmouth, New Hampshire

"The BDEFS-CA represents a key contribution to our field. This measure will be invaluable for practitioners, educators, and psychology students, who now have another important tool for evaluating executive function processes."--Lynn Meltzer, PhD, Research Institute for Learning and Development (ResearchILD) and Tufts University

"The BDEFS-CA offers a different perspective than existing scales or performance-based measures--it adheres to Barkley's hybrid theory of EF, with the intention of providing ecologically valid and relevant clinical information. Professionals who work with children and adolescents will find this measure useful for identifying EF areas that are affecting everyday functioning. The long form provides the most comprehensive information. The short form and interview format can serve as screening measures and potentially as quick means of progress monitoring. A major advantage of the BDEFS-CA is the ease and cost-effectiveness of using this measure."--Cynthia A. Riccio, PhD, Professor and Director of Training, School Psychology Program, Texas A&M University

"There is a critical need for valid and reliable EF assessment measures. This instrument is an invaluable tool for assessing EF deficits in the daily lives of children and adolescents and also will assist in measuring treatment response. The BDEFS-CA is unique in that it is theoretically and empirically based and focuses on EF in daily living, rather than lab-based performance tasks. The scale is psychometrically sound and provides a summary score as well as specific domain scores that will aid clinicians in developing and monitoring interventions. The BDEFS-CA would be appropriate for graduate assessment courses in school psychology, clinical psychology, counseling, and medical training programs."--Lisa Weyandt, PhD, Department of Psychology, University of Rhode Island

#### **From the Inside Flap**

**Technical Information**The BDEFS-CA is the culmination of more than 17 years of research and development aimed at identifying the most useful items for the assessment of deficits in executive functioning (EF) in daily life activities. Initially, development of the BDEFS began with forms for use with adults. This manual presents a downward extension of the adult BDEFS, created and normed for use with parents in evaluating their children, ages 6-17 years. The large normative sample (N=1,922) is representative of the U.S. population in terms of region, socioeconomic status, education, ethnicity/race, and gender, based on the 2000 U.S. Census. Unlike other EF rating scales, the normative sample was not drawn from a single state or region, was not filtered to exclude children receiving special education or psychiatric medications, and did not rely on school staff to initially obtain the sample. It is therefore a true general population sample.

**Reliability**Reliability of the scores is quite satisfactory as evidenced by high internal consistency (Cronbach's

alpha ranging from .95 to .97 scores across the five scales) and by high test-retest reliability over a 3-5 week interval (ranging from .73 to .82 across scales and .82 for the Total EF Summary Score). Validity of the scale scores was evident in numerous analyses, including factor analyses; correlations with other EF rating scales; significant group differences and distinct profile patterns across multiple developmental, learning, psychiatric, and neurological disorders; and correlations, regression analyses, and group comparisons concerning disorder discrimination and concurrent validity with various measures of functional impairment in major life activities (family functioning, peer relations, educational functioning, community activities, and risk for accidental injuries, among other domains.) More extensive technical information is provided in the manual.

#### About the Author

**Russell A. Barkley, PhD, ABPP, ABCN**, is Clinical Professor of Psychiatry and Pediatrics at the Medical University of South Carolina. Dr. Barkley has published numerous books and more than 260 scientific articles and book chapters on ADHD, executive functioning, and childhood defiance. He is also the editor of the newsletter The ADHD Report. Dr. Barkley is well known for his pioneering research on ADHD in both children and adults. His rating scales are based on more than 16 years of research using prototypes of the scales, and are normed on large samples representative of the U.S. population. Dr. Barkley's latest book is *Executive Functions: What They Are, How They Work, and Why They Evolved*. His website is [www.russellbarkley.org](http://www.russellbarkley.org).

#### Users Review

##### From reader reviews:

##### David Wood:

This Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) book is not really ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is definitely information inside this guide incredible fresh, you will get information which is getting deeper anyone read a lot of information you will get. That Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) without we understand teach the one who reading it become critical in pondering and analyzing. Don't become worry Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) can bring when you are and not make your carrier space or bookshelves' turn out to be full because you can have it in your lovely laptop even cell phone. This Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) having good arrangement in word and also layout, so you will not truly feel uninterested in reading.

##### Chris Boos:

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**Lavada Rowlett:**

Reading can called imagination hangout, why? Because if you find yourself reading a book specially book entitled Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) your brain will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely might be your mind friends. Imaging every word written in a publication then become one application form conclusion and explanation that will maybe you never get before. The Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) giving you a different experience more than blown away your head but also giving you useful details for your better life on this era. So now let us show you the relaxing pattern is your body and mind will be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

**Molly Salazar:**

This Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) is fresh way for you who has attention to look for some information mainly because it relief your hunger details. Getting deeper you onto it getting knowledge more you know or you who still having little bit of digest in reading this Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) can be the light food in your case because the information inside this book is easy to get by simply anyone. These books build itself in the form which can be reachable by anyone, yes I mean in the e-book application form. People who think that in e-book form make them feel drowsy even dizzy this guide is the answer. So there is absolutely no in reading a publication especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss it! Just read this e-book type for your better life in addition to knowledge.

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