

THE CONKER SCALE

The Conker Scale is a self-assessment. Using a 7 point Likert-type scale, patients rank their performance as: better than before diagnosis, about the same as before diagnosis, or much worse. The following questions are asked:

1. I can develop goals and accomplish them.
2. I can handle spontaneous changes in my goals.
3. I have difficulty handling more than one activity at a time (multi-tasking).
4. I am able to revise a plan or develop alternatives.
5. I am able to create an accurate time schedule for activities.
6. I am able to carry out scheduled activities without reminders.
7. I have trouble concentrating.
8. I experience memory lapses.
9. More than usual, I have difficulty remembering people's names.
10. My memory problems frighten me.
11. I am easily distracted.
12. I have trouble listening during social conversations.
13. I can't read a book because I lack concentration.
14. I have trouble remembering words.
15. I follow-through on things that I tell people I will do.
16. My ability to remember things has affected my personal life.
17. My ability to remember things has affected my professional life.
18. Sometimes I want to say a word, it's on the tip of my tongue, but I can't say it.
19. Sometimes I say one word but mean another.
20. The quality of my life gives me personal satisfaction and meaning.