

Behavior Rating Inventory of Executive Function - Adult Version (BRIEF-A)

The BRIEF-A is a questionnaire designed to assess executive functions in adults aged 18 to 93, through their concrete manifestations in everyday life. Composed of 75 items divided into 9 clinical scales, it yields an overall score as well as two specific indexes: behavioral regulation and metacognition. Unlike traditional tests, it takes an ecological approach that more reliably reflects the executive difficulties encountered in real everyday life.

Number of questions	75 questions
Estimated duration	15 minutes
Language	English
Original name	Behavior Rating Inventory of Executive Function - Adult Version
Target audience	Adults
Authors	G.A. Gioia, P.K. Isquith, R.M. Roth (2015)
Category	General

Preview of the 75 questions

During the past month, how often has each of the following behaviors been a problem for you?

I have angry outbursts

Never | Sometimes | Often

During the past month, how often has each of the following behaviors been a problem for you?

I make careless errors when completing tasks

Never | Sometimes | Often

During the past month, how often has each of the following behaviors been a problem for you?

I am disorganized

Never | Sometimes | Often

During the past month, how often has each of the following behaviors been a problem for you?

I have trouble concentrating on tasks (such as chores, reading, or work)

Never | Sometimes | Often

During the past month, how often has each of the following behaviors been a problem for you?

I tap my fingers or bounce my legs

Never | Sometimes | Often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

The BRIEF-A comprises 75 items divided into 9 clinical scales: Inhibit, Shift, Emotional Control, Self-Monitor, Initiate, Working Memory, Plan/Organize, Task Monitor, Organization of Materials.

These scales are grouped into two main indexes:

- Behavioral Regulation Index (BRI): assesses the ability to modulate behavioral and emotional responses.
- Metacognition Index (MI): measures the ability to initiate, plan, organize and monitor tasks and activities.

A Global Executive Composite (GEC) score is also calculated to provide an overview of the individual's executive functioning.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

 Elodie C. - CBT Psychologist