BRIEF®2A

Behavior Rating Inventory of Executive Function, Second Edition

ADULT VERSION

Feedback Report

Informant Report Form

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Client name:	Sample Client
Client ID:	12345
Age:	24
Date of birth:	05/17/1999
Test date:	10/01/2023
Rater name:	Sample Rater
Relationship to client:	Parent
Relationship description:	Not Specified
Knows client:	Very Well
Has known client for:	24
Language administered:	English

This report is meant to give feedback to individuals who have completed the BRIEF2A. It is best when shared and discussed in the context of all other clinical information in a feedback or therapeutic meeting.

Introduction to the BRIEF2A

The Behavior Rating Inventory of Executive Function, Second Edition–Adult Version (BRIEF2A) is a questionnaire completed by adults ages 18 to 99 years and/or informants who know them well, such as spouses, children, or parents. It asks questions about how the individual views their own strengths and weaknesses in executive functioning and how others who are familiar with their functioning see them. Understanding these perspectives can help professionals work collaboratively with the individual and their loved ones to address areas of difficulty.

Executive functions regulate or manage a person's behavior, emotions, and feelings. The BRIEF2A measures several aspects of self-regulation—that is, how executive functions play out in everyday activities and settings. These include a person's ability to (1) inhibit (i.e., block out) distractions and keep themselves from acting impulsively or inappropriately, (2) monitor how their behavior affects others, (3) flexibly alter their behavior and/or problem-solving strategies when necessary, (4) regulate emotional responses, (5) get started on tasks or activities, (6) hold information such as goals and plans in mind over time and sustain attention and concentration, (7) plan and organize approaches to solving problems, (8) organize their belongings and environment, and (9) monitor progress toward goals.

Overview of Results

Ratings of Sample Client's skills reveal one or more areas of concern. Sample is described as having some difficulty managing her behavior and emotions. In addition, she is perceived as having difficulty with planning and organizing her approach to problem-solving tasks and completing tasks in a timely fashion. Specifically, concerns are noted with her ability to resist impulses, be aware of her functioning in social settings, adjust well to changes, react to events appropriately, get going on tasks and activities and independently generate ideas, sustain working memory, plan and organize her approach to problem solving appropriately, be appropriately cautious in her approach to tasks and check for mistakes, and keep materials and belongings reasonably well-organized. Ratings of Sample's executive functioning produced the following results.

Inhibiting

Inhibiting is a person's ability to resist impulses and to stop their behavior at the appropriate time.

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Self-Monitoring

Self-monitoring is a person's awareness of the effect that their behavior has on others.

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Shifting

Shifting is the ability for a person to make transitions, tolerate change, problem-solve flexibly, and switch or alternate attention from one task or topic to another.

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Emotional Control

Emotional control refers to how executive functions influence a person's expression and regulation of emotions.

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Initiation

Initiation is a person's ability to get going on physical or mental activities such as generating problem-solving ideas or beginning a task.

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Working Memory

Working memory is a person's capacity to hold information in mind in order to complete a task, encode and store information, or generate goals. Working memory is essential for carrying out multistep activities, completing mental manipulations such as arithmetic, and following complex instructions. It also includes the ability to sustain attention and concentration.

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Planning and Organization

Planning and organization are important components of problem solving. Planning refers to a person's ability to anticipate future events, set a goal, and determine the best way to reach that goal, often through a series of steps. Organization is a person's ability to bring order to information and to appreciate main ideas or key concepts when learning or communicating information either orally or in writing.

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Task Monitoring

Task monitoring refers to a person's ability to keep track of their success or failure on tasks and to adjust strategies or correct mistakes.

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Organization of Materials

One aspect of organization is a person's ability to order and sort things in their environment, including maintaining neat work, living, and storage spaces (e.g., desks, rooms). This type of organization involves arranging, keeping track of, and cleaning up belongings as well as ensuring in advance of a task that needed materials are available.

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End of Report