

Adult Hyperfocus Questionnaire – Dispositional (AHQ-D)

The following statements discuss some common feelings and experiences that might occur when people are doing activities that they enjoy or find especially rewarding. Rate how often you have had each feeling or experience in the last year.

[illegible][illegible]

Adult Hyperfocus Questionnaire – Dispositional (AHQ-D): User Manual

Administering the AHQ-D:

- The questionnaire has been validated only with online use (Qualtrics) and randomization of question order. We recommend that users enter the above questions into an online interface with randomization of question order.
- However, we have provided the above copy of the questionnaire in case project circumstances require a paper version.
- This AHQ-D form and user manual may be accessed at:
www.kathleenhupfeld.com/AHQ

Scoring the AHQ-D:

- Each item receives a score ranging from 1-6 points:
 - Never: 1 point
 - 1-2 times every 6 months: 2 points
 - 1-2 times per month: 3 points
 - Once a week: 4 points
 - 2-3 times a week: 5 points
 - Daily: 6 points
- The AHQ-D total score is the sum of each of the 12 item scores.
- Possible AHQ-D total score ranges: 12-72 points.

Citing the AHQ-D:

- Citation: Hupfeld KE, Osborne JB, Tran QT, Hyatt HW, Abagis TR, Shah P (2024). Validation of the Dispositional Adult Hyperfocus Questionnaire (AHQ-D). *Scientific Reports*.

Adult Hyperfocus Questionnaire – Short Answers (AHQ-SA)

Please use the space provided to answer the following questions. Please provide as much detail as you can.

1.) What types of activities usually cause you to become very focused (e.g., work for school or your job, a hobby, watching TV)? List as many activities as you can.

2a.) Please describe a time in the last year when you felt very focused on something.

2b.) How long did this episode of focus last?

2c.) How did you feel during this episode of focus?

2d.) Did you accomplish something in the end of this period of focus? (e.g., a school or work assignment, a piece of artwork, or another type of project)? If yes, what did you accomplish?

Adult Hyperfocus Questionnaire – Short Answers (AHQ-SA): User Manual

Administering the AHQ-SA:

- The questionnaire has been validated only with online use (Qualtrics). We recommend that users enter the above questions into an online interface.
- We intend for this questionnaire to be used to extract common hyperfocus themes and outcomes, and to assess participant understanding of HF and the AHQ items. However, we have not yet conducted any systematic qualitative analysis of AHQ-SA responses and therefore do not yet have any scoring or interpretation recommendations for the AHQ-SA.
- For updates and to download this form, see: www.kathleenhupfeld.com/AHQ