



CEFI AdultTM

COMPREHENSIVE EXECUTIVE FUNCTION INVENTORY ADULT

Jack A. Naglieri, Ph.D., & Sam Goldstein, Ph.D.

Measure
Executive Function
Strengths & Weaknesses
in adults 18 & older



MHS.com/CEFIadult

What is Executive Function?

Like a conductor of an orchestra in charge of keeping a variety of instruments working in harmony, our executive functioning system helps us regulate ourselves and our actions. These skills allow us to analyze our decisions, plan how we take on and organize tasks, help us stay in control of our impulses, and achieve our goals.



Why Measure Executive Function Strengths as well as Weaknesses?

Executive function impacts our ability to successfully navigate day-to-day life. The CEFI Adult provides a comprehensive, strength-based way of assessing these skills by highlighting areas where a person may have stronger abilities. This unique approach to identifying areas of both strengths and weaknesses ensures support is being provided where it is needed most. This allows professionals to more effectively guide diagnosis, intervention, treatment planning, and accurately evaluate the success of a treatment program over time.

How is the CEFI Adult Different?

In addition to a Full Scale score, the CEFI Adult has nine scales that focus on different areas of executive function measured on a 6-point Likert scale to better capture depth of severity (See Figure 1.0). By using scale level scores we can determine how an individual compares to the general population and whether or not certain scale scores significantly differ from their own personal average score. As an added benefit, the CEFI Adult also consists of item level statistics that can be used to identify specific behaviors that are above or below average. Using this advanced, yet user friendly, scoring procedure, the CEFI Adult makes treatment planning easier than ever before.

Executive Function Full Scale

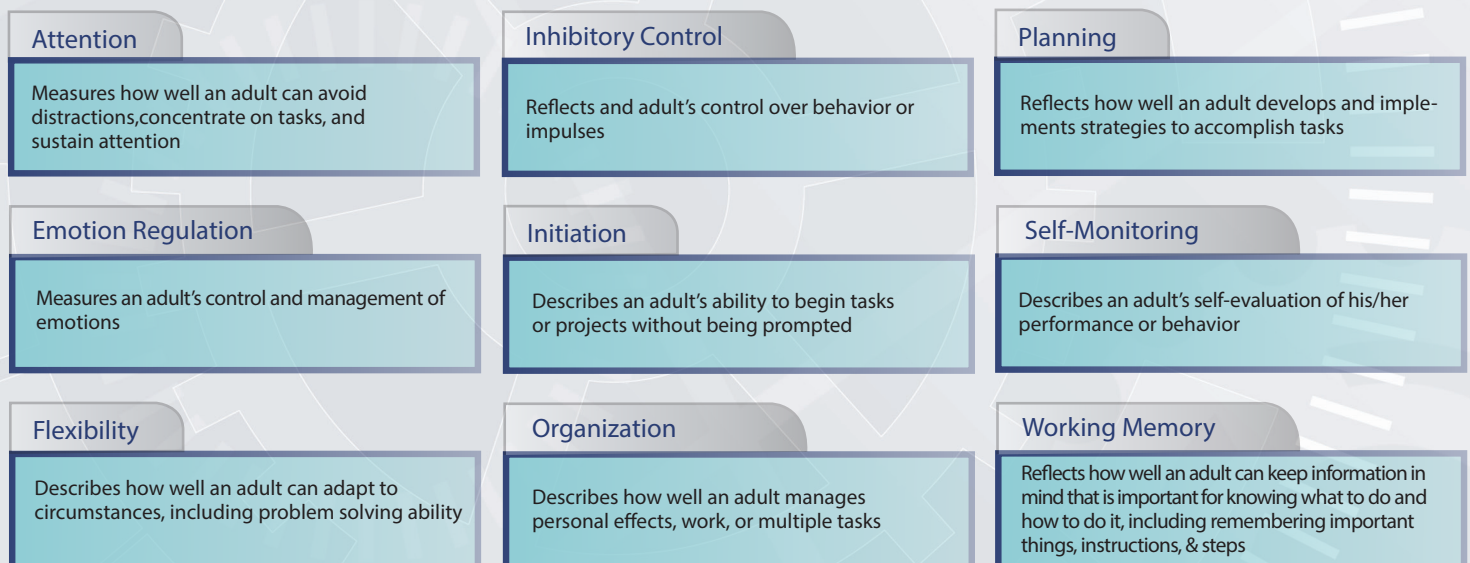


Figure 1.0

About the CEFI Adult™

COMPREHENSIVE EXECUTIVE FUNCTION INVENTORY ADULT



The Comprehensive Executive Function Inventory Adult™ (CEFI Adult™) is a comprehensive assessment of executive function strengths and weaknesses in adults aged 18 years and older. Intended to be used by professionals in clinical, educational, and research settings, the CEFI Adult is an effective and reliable tool for evaluating executive function to guide diagnosis, intervention, and treatment planning as well as to evaluate the success of the intervention program.

AGE

18+

ADMINISTRATION

Self-Report and
Observer Forms

ADMINISTRATION TIME

10-15 minutes

NUMBER OF ITEMS

80

FORMATS

Online

TRANSLATIONS

Spanish

QUALIFICATION LEVEL

B-level

- **Normative samples:**

The CEFI Adult was normed on a large national sample that is representative of the U.S. population on a number of key demographic variables within 1.7% of U.S. Census targets.

- **Multi-rater forms available:**

Observer and self-report ratings provide multiple perspectives of an individual's strengths and weaknesses contributing to a comprehensive evaluation of executive function.

- **Executive Function Strengths and Weaknesses:**

Strengths and weaknesses can be evaluated across nine different areas of executive function.

- **Psychometric properties:**

The CEFI Adult possesses excellent reliability and validity.

- **Computerized reports:**

Narrative reports include reporting of all scores, comparisons between raters, and significance of changes in scores over time.

CEFI Adult Author Team



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Ph.D.

Jack A. Naglieri, Ph.D., is Research Professor at the Curry School of Education at the University of Virginia, Senior Research Scientist at the Devereux

Center for Resilient Children, and Emeritus Professor of Psychology at George Mason University. He is a Fellow of APA Divisions 15 and 16 and recipient of several awards for his contribution to the field of psychology.

Dr. Naglieri is the author or co-author of more than 300 scholarly papers, books, and tests. His scholarly research includes investigations related to topics such as intellectual disabilities, specific learning disabilities, giftedness, and Attention Deficit/Hyperactivity Disorder.






Sam Goldstein,
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Sam Goldstein, Ph.D., is an Adjunct Assistant Professor at the University of Utah School of Medicine, with expertise in school psychology, child development, and neuropsychology. He is a board certified pediatric neuropsychologist, licensed as a psychologist and certified as a developmental disabilities evaluator in the State of Utah.

Dr. Goldstein has authored, co-edited, or coauthored 51 books, including 24 textbooks. He has also authored approximately 70 book chapters and peer-reviewed scientific research studies, and a number of psychological tests.

Who are you?	Why is it useful?	What disorders can benefit from using an executive function measure? *
 <p>Clinical Psychologist</p>	Deficits in executive function skills can impair problem solving, reasoning, and adaptive behavior, making it difficult to successfully navigate through the challenges of daily life.	Depression, Obsessive Compulsive Disorder (OCD), Schizophrenia, Bipolar disorder
 <p>Neuropsychologist</p>	Designed for use in both clinical and research settings, the CEFI Adult helps examine the cognitive processes largely carried out by the prefrontal areas of the frontal lobes regardless of type of cognitive impairment or brain injury.	Neurocognitive Disorders (e.g., due to Alzheimer's Disease, Lewy Bodies, or Traumatic Brain Injury)
 <p>School Psychologist</p>	Measure executive function in youth 18-21 who are still in the school system but aged out of typical youth measures. Created to combine seamlessly with the youth version of the CEFI, together both assessments can cover all students from 5 to 21.	Anxiety, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD)

* An executive function rating scale can be used with a large number of clinical populations. This table should not be viewed as an exhaustive list of usage but rather as an example of popular practice.

A Highly Representative Normative Sample

The CEFI Adult has a large normative sample with 3,320 ratings included (1,660 for both the Self-Report and Observer Forms). It was stratified to match a number of key demographics within 1.7% of the most recent U.S. Census targets. These demographics include age, gender, race/ethnicity, region, and education level. Additionally, 10% of the normative sample for each of the Self-Report and Observer Forms were drawn from individuals with a clinical diagnosis, approximating the actual U.S. general population.

Reliable and Valid

Internal Consistency Reliability

Cronbach's alpha values for the Full Scale and the nine CEFI Adult Scales were strong:

Self-Report Full Scale $\alpha = .97$ (CEFI Adult Scales median = .83)

Observer Full Scale $\alpha = .98$ (CEFI Adult Scales median = .90)

Test-Retest Reliability

Interval between test administrations: 2 to 3 months.

Excellent test-retest reliability was found:

Self-Report Full Scale $r = .93$ (CEFI Adult Scales median = .91)

Observer Full Scale $r = .92$ (CEFI Adult Scales median = .85)

Distinguish Clinical Groups Meaningfully: CEFI Adult Score Differences by Clinical Groups

As expected, individuals diagnosed with Dementia, ADHD, General Anxiety Disorder and Mood Disorders score lower in executive functioning (CEFI Adult Full Scale) than matched general population samples (with moderate to large standardized mean score differences).

A Lifespan Executive Function Solution

Additionally, both the youth version of the CEFI and the CEFI Adult framework are consistent and empirically supported. A child assessed with the youth version can continue to be assessed with the adult version as they age. Both assessment solutions have strong reliability and validity making them highly accurate and trustworthy for clinicians.



Assess Online

Assess online with MHS Assessment Center+
Interpreting results has never been easier.

Why Use the CEFI Adult™ Online?

- **Save Time**
Fast, easy, and accurate administration with automated scoring.
- **Assess and Score from Anywhere**
View reports with an online connection.
- **Improve Efficiency and Accuracy**
When items are absent, prompts appear to ensure information is not missed.
- **User-Friendly**
Easy to use interface for practitioners and respondents.
- **Gain Information Easily**
Email a link to the form directly to the respondent.
- **Tailored Organization**
Data can be customized to how you work.



3 Valuable Reports Available

Generate up to three user-friendly reports using the MHS Online Assessment Center+.

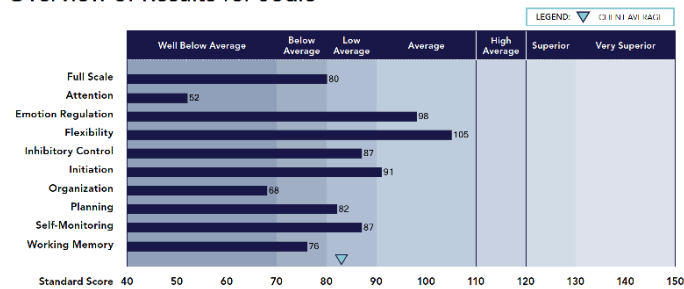


1. The Interpretive Report provides information about a single administration.

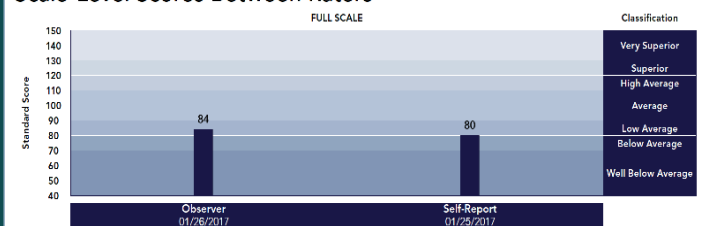


2. The Comparative Report provides a multi-rater perspective by combining results from up to three different raters.

Overview of Results for Jodie

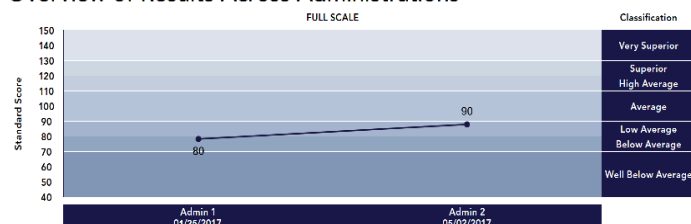


Scale-Level Scores Between Raters



3. The Progress Monitoring and Treatment Effectiveness Report combines results from up to four ratings over time by the same rater.

Overview of Results Across Administrations





For more information and pricing
please scan the QR code.



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