



This checklist was developed from the experience of many specialists in the field of Attention Disorders and Hyperactivity. It is designed to help determine whether you, or someone you are rating, has ADHD or ADD and in which area(s) difficulties are experienced. Please mark all statements. Thank you for your assistance in completing this information.

Name _____ Date _____ Completed by _____

DOB: ___/___/___

Shaded areas for office use only



Please check (✓) every item below, indicating the degree to which the behavior is characteristic of yourself or the adult you are rating.

	Not at all (0)	Just a little (1)	Pretty much (2)	Very Much (3)	Score	%
I. INATTENTION / DISTRACTIBILITY						
1. A short attention span, especially for low-interest activities.						
2. Difficulty completing tasks.						
3. Daydreaming.						
4. Easily distracted.						
5. Nicknames such as: "spacey" or "dreamer".						
6. Engages in much activity but accomplishes little.						
7. Enthusiastic beginnings but poor endings.						
					/21	
II. IMPULSIVITY						
1. Excitability.						
2. Low frustration tolerance.						
3. Acts before thinking.						
4. Disorganization.						
5. Poor planning ability.						
6. Excessively shifts from one activity to another.						
7. Difficulty in group situations which require patience and taking turns.						
8. Interrupts frequently conversations: talks out of turn.						
					/24	
III. ACTIVITY LEVEL PROBLEMS						
A. Overactivity / hyperactivity						
1. Restlessness - either fidgeting or being constantly on the go.						
2. Diminished need for sleep.						
3. Excessive talking.						
4. Difficulty listening.						
5. Restlessness during sleep. Kicks covers off - moves constantly.						
6. Dislike of situations which require attention and being still.						
B. Underactivity						
1. Lethargic						
2. Daydreaming, spaciness.						
3. Failure to complete tasks.						
4. Inattention.						
5. Poor leadership ability.						
6. Difficulty in getting things done, performing.						
					/36	
IV. NONCOMPLIANCE						
1. Does not cooperate. Determined to do things own way.						
2. Argumentative.						
3. Disregards socially-accepted behavioral expectations.						
4. "Forgets" unintentionally.						
5. "Forgets" as an excuse (intentionally).						
					/15	



Adult Attention Deficit Disorder

Please check (✓) every item below, indicating the degree to which the behavior is characteristic of yourself or the adult you are rating.

Not At All Just a little Pretty Much Very Much **Score** **%**

V. UNDERACHIEVEMENT / DISORGANIZATION / LEARNING PROBLEMS						
1. Underachievement in relation to ability.						
2. Frequent job changes.						
3. Loses things - keys, wallet, lists, belongings, books, assignments, etc.						
4. Auditory memory and auditory processing problems.						
5. Learning disabilities or learning problems.						
6. Poor handwriting.						
7. "Messy" or "sloppy" work.						
8. Work assignments are often not completed satisfactorily or incomplete.						
9. Rushes through work.						
10. Works too slowly						
11. Procrastinates. Homework, paperwork, bills, taxes, etc., put off until the last minute.						
					/33	
VI. EMOTIONAL DIFFICULTIES						
1. Frequent and unpredictable mood swings.						
2. Irritability.						
3. Underreactive to pain / insensitive to danger.						
4. Easily overstimulated. Hard to stop once "revved" up.						
5. Low frustration tolerance. Excessive emotional reaction.						
6. Angry outbursts.						
7. Moodiness / lack of energy.						
8. Low self-esteem						
9. Immaturity.						
					/27	
VII. POOR PEER RELATIONS						
1. Difficulty following the rules of social interactions.						
2. Rejected or avoided by peers.						
3. Avoids group activity. A loner.						
4. "Bosses" other people. Wants to be a leader.						
5. Critical of others.						
					/15	
VIII. IMPAIRED FAMILY RELATIONS						
1. Easily frustrated with spouse or children. Overreacts. May punish children too severely.						
2. Sees things from own point of view. Does not negotiate differences well.						
3. Underdeveloped sense of responsibility.						
4. Poor manager of money.						
5. Unreasonable; demanding.						
6. Spends excessive amount of time at work because of inefficiency, leaving little time for family.						
					/18	

1. Scores: Note at all= 0 Just a little = 1 Pretty Much = 2 Very Much = 3

2. Each check receives a score from 0-3. Add the checks in each category. That score is placed over the total possible.

3. Compute the percentages for each category:
 35-49%= mild to moderate difficulties
 50-69%= moderate to severe difficulties
 ≥70% = major interference