

SYMPTOM CHECKLIST FOR ADULT ADHD

Please mark the appropriate column for each statement

Name _____ Date _____

Completed By _____

	Not at all	Just a little	Pretty much	Very much	Score	%
Inattention/distractibility						
1. 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	
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						
					/24	
Activity Level Problems						
<i>A. Overactivity/Hyperactivity</i>						
1. Restlessness—fidgety or being constantly on the go						
2. Diminished need for sleep						
3. Excessive talking						
4. Difficulty listening						
5. Motor restlessness during sleep—kicks covers off, moves around constantly						
6. Dislike of situations which require attention& being still—church, lectures, etc.						
					/18	
<i>B. Underactivity</i>						
1. Lethargic						
2. Daydreaming, spaciness						
3. Failure to complete tasks						
4. Inattention						
5. Lacking in leadership						
6. Difficulty in getting things done						
					/18	
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						
					/15	
Underachievement/disorganization/learnig problems						
1. Underachievement in relation to ability						
2. Frequent job changes						
3. Loses things – keys, wallet, lists, belongings, 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						
9. Rushes through work						
10. Works too slowly						
11. Procrastinates. Bills, taxes, etc. put off until the last minute						
					/33	
Emotional difficulties						
1. Frequent and unpredictable mood swings						
2. Irritability						
3. Underreactive to pain/sensitive to danger						
4. Easily overstimulated. Hard to stop once revved up						
5. Low frustration tolerance. Excessive emotional reaction to frustrating situations						
6. Angry outbursts						
7. Moodiness/lack of energy						
8. Low self-esteem						
9. Immaturity						
					/27	
Poor peer relations						
1. Difficulty following the rules of social interactions						
2. Rejected or avoided by peers						
3. Avoids group activities, a loner						
4. "Bosses" other people. Wants to be a leader						
5. Critical of others						
					/15	
Impaired family relationships						
1. Easily frustrated with spouse or children. Overreacts. May punish children too severely.						
2. Sees things from one 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	