

ADHD CHECKLIST

Please rate yourself (or the person you are evaluating) on each of the symptoms listed below using the following scale. If possible, also have someone else rate you or the other person (such as a spouse, lover or parent). This is done to obtain a more complete picture of the situation.

0 = Never, 1 = Rarely, 2 = Occasionally, 3 = Frequently, 4 = Very Frequently, NA = Not Applicable

Name: _____ Birth Date: _____ Date: _____

SELF OTHER

Classic

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. is easily distracted |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. has difficulty sustaining attention span for most tasks in play, school, work |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. has trouble listening when others are talking |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. has difficulty following through (procrastination) on tasks or instructions |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. has difficulty keeping an organized area - room, desk, boot bag, filing, locker, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. has trouble with time. Is frequently late, tasks take longer than expected, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. has a tendency to loose things |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. makes careless mistakes, poor attention to detail. |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. is forgetful. |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. daydreams excessively. |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. appears apathetic or unmotivated. |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. complains of being bored. |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. is tired, sluggish or slow-moving. |
| <input type="checkbox"/> | <input type="checkbox"/> | 14. is spacey or seems preoccupied. |

Hyper-Active

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 15. is restless or hyperactive |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. has trouble sitting still. |
| <input type="checkbox"/> | <input type="checkbox"/> | 17. is figity, in constant motion (hands, feet, body). |
| <input type="checkbox"/> | <input type="checkbox"/> | 18. is noisy, has a hard time being quiet. |
| <input type="checkbox"/> | <input type="checkbox"/> | 19. acts as if "driven by a motor." |
| <input type="checkbox"/> | <input type="checkbox"/> | 20. talks excessively. |
| <input type="checkbox"/> | <input type="checkbox"/> | 21. is impulsive (doesn't think through comments or actions before they are done). |
| <input type="checkbox"/> | <input type="checkbox"/> | 22. has difficulty waiting his/her turn. |
| <input type="checkbox"/> | <input type="checkbox"/> | 23. interrupts or intrudes on others (e.g. butts into conversations or games) |

Over Focused

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 24. worries excessively or senselessly. |
|--------------------------|--------------------------|---|

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- 25. is superorganized.
- 26. is oppositional, argumentative.
- 27. has a strong tendency to get locked into negative thoughts; same thoughts over and over.
- 28. has a tendency toward compulsive behavior
- 29. has an intense dislike of change.
- 30. has a tendency to hold grudges.
- 31. has trouble shifting attention from subject to subject.
- 32. has difficulty seeing options in situations.
- 33. has a tendency to hold on to own opinion and not listen to others.
- 34. has a tendency to get locked into a course of action, whether or not is good for the person.
- 35. needs to have things done a certain way or becomes very upset.
- 36. others complain that he/she worries too much.
- 37. has periods of quick temper or rages with little revocation.

Temporal Lobe

- 38. misinterprets comments as negative when they are not.
- 39. irritability tends to build, then explode, then recedes; is often tired after rage.
- 40. has periods of spaciness or confusion.
- 41. has period of panic and/or fear for no specific reason.
- 42. perceives visual changes, such as seeing shadows or objects changing shape.
- 43. has frequent periods of deja vu (feelings of being somewhere before even though he/she has never been there).
- 44. is sensitive or mildly paranoid.
- 45. has headaches or abdominal pain of uncertain origin.
- 46. has a history of a head injury or a family history of violence or explosiveness.
- 47. has dark thoughts, may involve suicidal or homicidal thoughts.
- 48. has periods of forgetfulness or memory problems.
- 49. has a short fuse or periods of extreme irritability.

Limbic

- 40. is moody.
- 51. is negative.
- 52. has low energy.
- 53. is frequently irritable.

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54. has a tendency to be socially isolated.
55. has frequent feelings of hopelessness, helplessness or excessive guilt.
56. has lowered interest in things that are usually considered fun.
57. undergoes sleep changes (too much or too little).
58. has chronic low self-esteem.

Ring

59. is angry or aggressive.
60. is sensitive to noise, light, clothes or touch.
61. undergoes frequent or cyclic mood changes (highs and lows).
62. is inflexible, rigid in thinking.
63. demands to have his/her way.
64. has periods of mean, nasty or insensitive behavior.
65. has periods of increased talkativeness.
66. has periods of increased impulsivity.
67. displays unpredictable behavior.
68. way of thinking is grandiose or "larger than life".
69. talks fast.
70. feels that thoughts go fast.
71. appears anxious or fearful.

Medications:

Comments: