

ADULT ATTENTION DEFICIT DISORDER (ADHD) CHECKLIST

***IMPORTANT: This is not a tool for self-diagnosis. It is used to determine whether ADHD may be a factor in the behavior of the person using this checklist. An actual diagnosis can be made only by professional.

PAST HISTORY		NO	YES	
1. History of distractibility, short attention span, impulsivity or restlessness as a child				
2. History of not living up to potential in school or work				
3. History of frequent behavior problems in school (detention, suspension, fighting etc.,)				
4. Substance abuse problems as a teenager or young adult				
5. History of several or more driving accidents or infractions				
6. Cigarette or nicotine habit (previous or current)				
7. Family history of ADHD, learning problems				
CURRENT HISTORY-INATTENTION		RARELY	SOMETIMES	OFTEN
1. Short attention span when attempting boring or monotonous tasks				
2. Trouble listening or following instructions				
3. Frequently forgetful or misplacing things				
4. Trouble starting or finishing books or novels				
5. Tendency to become easily bored				
6. Chronic procrastination				
7. Trouble remembering appointments or obligations				
8. Impatient, low frustration tolerance				
9. Trouble completing or finishing tasks				
10. Rush through paperwork or tasks, frequent careless mistakes				
11. Trouble listening in conversation				
CURRENT HISTORY-RESTLESS/ IMPULSIVE		RARELY	SOMETIMES	OFTEN
1. Restlessness (tapping pencil, bouncing leg, etc.,)				
2. Need to be in constant motion in order to think or relax				
3. Trouble sitting still, or staying in one place for too long				
4. An internal sense of nervousness/restlessness				
5. Impulsive, act without thinking				
6. Short fuse, quick to anger				
7. Inappropriate comments, saying exactly what comes to mind				
8. Difficulties falling asleep, turning off thoughts at night				
9. Multiple, impulsive job/career changes				
10. Preference for high stimulation or excitement				
11. Argumentative, stubborn, "hard-headed"				
12. Tendency toward addictions (food, alcohol, drugs, work)				
13. Frequent traffic violations, reckless driving				
CURRENT HISTORY-DISORGANIZATION		RARELY	SOMETIMES	OFTEN
1. Chronically late or usually in a hurry or rush				
2. Easily overwhelmed by tasks of daily living				
3. Poor financial management (late or unpaid bills, excessive debt)				
4. Disorganized work/living area				
5. Messy handwriting				
6. Sense of underachievement or not living up to potential				
7. Inconsistent work performance (deadlines, paperwork, lateness etc.,)				