

ADULT ADHD SYMPTOM CHECKLIST

0=never 1=rarely 2=occasionally 4=frequently 5=very frequently

PATIENT NAME

DATE

1. PAST HISTORY	VALUE
a. History of ADHD symptoms in childhood, such as distractibility, short attention span, impulsivity or restlessness *	0
b. History of not living up to potential in school or work (report cards with comments such as "not living up to potential")	0
c. History of frequent behavior problems in school	0
d. History of bedwetting past age 5	0
e. Family history of ADHD, learning problems, mood disorders, or substance abuse problems	0

2. SHORT ATTENTION SPAN/DISTRACTIBILITY	
a. Short attention span, unless very interested in something *	0
b. Easily distracted, tendency to drift away (although at times can be hyper focused *	0
c. Lacks attention to detail, due to distractibility	0
d. Trouble listening carefully to directions	0
e. Frequently misplaces things	0
f. Skips around while reading, or goes to the end first, trouble staying on track	0
g. Difficulty learning new games, because it is hard to stay on track during directions	0
h. Easily distracted during sex, causing frequent breaks or turn-offs during lovemaking	0
i. Poor listening skills	0
j. Tendency to be easily bored (tunes out)	0

3. RESTLESSNESS	
a. Restlessness, constant motion, legs moving, fidgeting	0
b. Has to be moving in order to think	0
c. Trouble sitting still, such as trouble sitting in one place for too long, sitting at a desk job for longer periods, sitting through a movie	0
d. An internal sense of anxiety or nervousness	0

4. IMPULSIVITY	
a. Impulsive, in words and or actions (spending)	0
b. Say just what comes to mind without considering its impact (tactless)	0
c. Trouble going through established channels, trouble following proper procedures, an attitude of "read the directions when all else fails"	0
d. Impatient, low frustration tolerance	0
e. A prisoner of the moment	0
f. Frequent traffic violations	0
g. Frequent, impulsive job changes	0
h. Tendency to embarrass others	0
i. Lying or stealing on impulse	0

5. POOR ORGANIZATION	
a. Poor organization and planning, trouble maintaining an organized work/living area	0
b. Chronically late or chronically in a hurry	0
c. Often have piles of stuff	0
d. Easily overwhelmed by tasks of daily living	0
e. Poor financial management (late bills, check book a mess, spending unnecessary money on late fees	0

6. PROBLEMS GETTING STARTED AND FOLLOWING THROUGH

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|--|---|
| a. Chronic procrastination or trouble getting started | 0 |
| b. Starting projects but not finishing them, poor follow through | 0 |
| c. Enthusiastic beginnings but poor endings | 0 |
| d. Spends excessive time at work because of inefficiencies | 0 |
| e. Inconsistent work performance | 0 |

7. NEGATIVE INTERNAL FEELINGS

- | | |
|---|---|
| a. Chronic sense of under achievement, feeling you should be much further along in your life than you are | 0 |
| b. Chronic problems with self esteem | 0 |
| c. Sense of impending doom | 0 |
| d. Mood swings | 0 |
| e. Negativity | 0 |
| f. Frequent feeling of demoralization or that things won't work | 0 |

8. RELATIONAL DIFFICULTIES

- | | |
|--|---|
| a. Trouble sustaining friendships or intimate relationships, promiscuity | 0 |
| b. Trouble with intimacy | 0 |
| c. Tendency to be immature | 0 |
| d. Self centered, immature interests | 0 |
| e. Failure to see others' needs or activities as important | 0 |
| f. Lack of talking in a relationship | 0 |
| g. Verbally abusive to others | 0 |
| h. Prone to hysterical outbursts | 0 |
| i. Avoids group activities | 0 |
| j. Trouble with authority | 0 |

9. SHORT FUSE

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|--|---|
| a. Quick response to slights that are real or imagined | 0 |
| b. Rage outbursts, short fuse | 0 |

10. FREQUENT SEARCH FOR HIGH STIMULATION

- | | |
|---|---|
| a. Frequent search for high stimulation (bungee jumping, gambling, race track, high stress jobs, ER doctors, doing many things at once) | 0 |
| b. Tendency to seek conflict, to be argumentative or to start disagreements for the fun of it | 0 |

11. TENDENCY TO GET STUCK (THOUGHTS OR BEHAVIORS)

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|--|---|
| a. Tendency to worry needlessly and endlessly | 0 |
| b. Tendency toward addictions (food, alcohol, drugs, work) | 0 |

12. SWITCHES THINGS AROUND

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|--|---|
| a. Switches around numbers, letters or words | 0 |
| b. Turns words around in conversations | 0 |

13. WRITING/FINE MOTOR COORDINATION DIFFICULTIES

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|--|---|
| a. Poor writing skills (hard to get information from brain to pen) | 0 |
| b. Poor handwriting, often prints | 0 |
| c. Coordination difficulties | 0 |

14. THE HARDER I TRY THE WORSE IT GETS

a. Performance becomes worse under pressure	0
b. Test anxiety, or during tests your mind tends to go blank	0
c. The harder you try, the worse it gets	0
d. Work or school work deteriorates under pressure	0
e. Tendency to turn off or become stuck when asked questions in social situations	0
f. Falls asleep or becomes tired while reading	0

15. SLEEP/WAKE DIFFICULTIES

a. Difficulty falling asleep, may be due to too many thoughts at night	0
b. Difficulty coming awake (may need coffee or other stimulant or activity before feeling fully awake)	0

16. LOW ENERGY

a. Periods of low energy, especially early in the morning and in the afternoon	0
b. Frequently feeling tired	0

17. SENSITIVE TO NOISE OR TOUCH

a. Startles easily	0
b. Sensitive to touch, clothes, noise and light	0

TOTAL 0

More than 20 items with a score of 3 or more strong tendency for ADHD