

ADD/ADHD (5 pages)

Place an X in the box that best describes
the patient's behavior over the past 6 months

	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
1. Fails to give close attention to details or makes careless mistakes in schoolwork				
Do you make a lot of mistakes in school or work? Is this because you're careless?				
Do you rush through work or activities?				
Do you have trouble with detailed work?				
Do you not check your work?				
Do people complain that you're careless?				
Is your desk/workspace so messy you have difficulty finding things?				
2. Fidgets with hands or feet or squirms in seat.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you have trouble sitting still? Are you always moving your hands or feet, or fidgeting in your chair?				
Do you tap your pencil or your feet? A lot?				
Do people notice?				
Do you regularly play with your hair or clothing?				
Do you consciously resist fidgeting or squirming?				
3. Has difficulty sustaining attention in tasks or play activities.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you have trouble paying attention when watching movies, reading or during lectures? Or during fun activities such as sports or board games?				
Is it hard for you to keep your mind on school or work?				
Do you have unusual difficulty staying focused on boring or repetitive tasks?				
Does it take a lot longer than it should to complete tasks because you can't keep your mind on the task? Is it even harder for you than for some others you know?				
Do you have trouble remembering what you read and do you need to reread the same passage several times?				

4. Leaves seat in classroom or in other situations in which remaining seated is expected.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you have trouble staying in your seat at work or in class?				
At home, i.e., watching TV or eating dinner? In church or temple?				
Do you choose to walk around rather than sit?				
Do you have to force yourself to remain seated?				
Is it difficult for you to sit through a long meeting or lecture?				
Do you try to avoid going to functions that require you to sit still for long periods of time?				
5. Does not seem to listen when spoken to directly.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do people (your spouse, boss, colleagues, friends) complain that you don't seem to listen or respond (or that you daydream) when spoken to or when asked to do tasks? A lot?				
Do people have to repeat directions to you?				
Do you find that you miss key parts of conversations because you drift off in your own thoughts? Does it cause problems?				
6. Runs about or climbs excessively in situations in which is inappropriate.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Are you physically restless?				
Do you feel restless inside? A lot?				
Do you feel more agitated when you cannot exercise on an almost daily basis?				
7. Does not follow through on instructions and fails to finish work.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you have trouble finishing things such as work or chores?				
Do you often leave things half done and start another project?				
Do you need consequences (such as deadlines) to finish things?				
Do you have trouble following instructions (especially complex, multistep instructions that have to be done in a certain order with different steps)?				
Do you need to write down instructions, otherwise you will forget them?				

8. Has difficulty playing or engaging in leisure activities quietly.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Are you agitated or restless during leisure activity (nonstructured times or on your own, such as reading a book, listening to music, playing a board game)?				
Do you always need to be busy after work or while on vacation?				
9. Has difficulty organizing tasks and activities.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you have trouble organizing tasks into ordered steps? Is it hard prioritizing work and chores?				
Do you need others to plan for you?				
Do you have trouble with time management? Does it cause problems?				
Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible?				
10. Is "on the go" or acts as if "driven by a motor."	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Is it hard for you to slow down?				
Do you feel like you (often) have a lot of energy and that you always have to be moving, are always „on the go“?				
Do you feel like you're "driven by a motor"?				
Do you feel unable to relax?				
11. Avoids tasks (e.g., schoolwork, homework) that require sustained mental effort.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay focused on these things for a long time?				
Do you have to force yourself to do these tasks? How hard is it?				
Do you procrastinate and put off tasks until the last possible moment?				

12. Talks excessively.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you talk a lot? All the time? More than other people?				
Do people complain about your talking? Is it a problem?				
Are you often louder than the people you are talking to?				
13. Loses things necessary for tasks or activities.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you lose things (e.g., important work papers, keys, wallet, coats, etc.)? A lot?				
Are you constantly looking for important items? Do you get into trouble for this?				
Do you need to put items (e.g., glasses, wallet, keys) in the same place each time, otherwise you will lose them?				
14. Blurts out answers before questions have been completed.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you give answers to questions before someone finishes asking?				
Do you say things before it's your turn?				
Do you say things that don't fit into the conversation?				
Do you do things without thinking? A lot?				
15. Is easy distracted.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Are you very easily distracted by events around you, such as noise (conversation, TV, radio), movement or clutter?				
Do you need relative isolation to get work done?				
Can almost anything get your mind off of what you are doing, whether it be work, chores or talking to someone?				
Is it hard to get back to a task once you stop?				

16. Has difficulty awaiting turn.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
It is hard for you to wait your turn in conversations, in lines, or while driving?				
Are you frequently frustrated with delays? Does it cause problems?				
Do you put a great deal of effort into planning to avoid situations where you might have to wait?				
Do you feel unable to relax?				
17. Is forgetful in daily activities.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you forget a lot of things in your daily routine?				
Like what? Chores?				
Work?				
Appointments or obligations?				
Do you forget to bring things to work, such as work materials or assignments due that day?				
Do you need to write regular reminders to yourself to do most activities or tasks, otherwise you will forget?				
18. Interrupts or intrudes on others.	Never/Rarely 0	Sometimes 1	Often 2	Very Often 3
Do you talk when others are talking without waiting until you are acknowledged?				
Do you butt into others' conversations before being invited?				
Do you interrupt others' activities?				