

CHECKLIST FOR ATTENTION DEFICIT/HYPERACTIVITY DISORDERS

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INATTENTION (ADHD Inattentive Type)

**Rate each question: 0 - Not at all 1 - Occasionally 2 - Often 3- Very Often
as it is now for children and teens and as it was as a teen for adults.**

___ Often doesn't stay on task.

___ Mind wanders or shifts from what doing to something else before task is completed

___ Often doesn't seem to be listening when spoken to by others.

___ Doesn't pay close attention to details. This results in careless mistakes.

___ Doesn't follow through on instructions, requests or directions. This results in mistakes, unfinished tasks or assignments.

___ Difficulty organizing tasks or activities. (Disorganized)

___ Feels overwhelmed and /or frustrated.

___ Dislikes, resists or avoids tasks that demand prolonged mental concentration, like homework or paperwork unless exciting and stimulating like video games.

___ Easily distracted by noises or outside activities or day dreams when paying attention is expected.

___ Forgetful, even when it is important and this person wants to remember.

___ Doesn't follow directions, written or verbal.

___ Often loses items, such as papers, books, keys, tools, etc..

___ Appears sluggish or has difficulty getting going.

___ ***Total the number of items marked ___ # of 2's ___ #of 3's**

HYPERACTIVE IMPULSIVE (ADHD Hyperactive Impulsive type)

Rate each question: 0 - Not at all 1 - Occasionally 2 - Often 3 - Very Often

- Often moving feet or hands, fidgets or very restless when seated.
- Overly talkative (motor mouth).
- Overly active in situations where it isn't appropriate. (In teens or adults - restless)
- Avoids or has difficulty participating in things that involve sitting or standing quietly.
- Leaves seat at inappropriate times. (class, dinner, church, etc..)
- Often on the go, high energy and very active as if driven by a motor.

___ Sub total (For Hyperactivity) ___# of 2's ___ of 3's

- Often interrupts or speaks out of turn
- Often blurts out answers before the question is completed.
- Initiates conversation at inappropriate times.
- Acts without thinking or without waiting turn.
- Often intrudes on or interrupts others activities.
- Acts impulsively in ways that are very risky or could endanger self or others.

___ Sub total (For Impulsivity) ___#of 2's ___#of 3's

___ *Total Items for Both Hyperactivity and Impulsivity

Answer the following questions yes or no

- Have many of these symptoms been apparent since before age seven or throughout life.
- Do these symptoms occur in many places such as: home, school, work, community activities, etc..

***Six or more total items in either category suggests high likelihood of ADHD. Two's and Three's denote severity of moderate or severe.**

This checklist is based on the DSM-IV criteria for ADHD