

ADHD Checklist

The Diagnostic and Statistical Manual of Mental Illnesses, Fifth Edition (DSM-5) lists **three types of ADHD**.

- | |
|-------------------------------|
| 1) Predominantly Inattentive; |
| 2) Hyperactive-Impulsive; and |
| 3) Combined Type. |

Before **formal clinical assessment**, it would be essential to explore the following questions (with realistic examples given) for current and retrospective (childhood) behaviour.

For **childhood symptoms**, it would be beneficial to get the view of a **parent or sibling**; or **collateral information** (e.g., school reports).

1. ADHD PREDOMINANTLY INATTENTIVE PRESENTATION

SYMPTOM 1. DOES NOT PAY ATTENTION TO DETAILS OR MAKES CARELESS MISTAKES

Examples in Adulthood

- | |
|---|
| <input type="checkbox"/> Do you make careless mistakes that could have been avoided if you paid better attention? |
| <input type="checkbox"/> Do you work slowly to compensate for the tendency to make mistakes when working quickly? |
| <input type="checkbox"/> Do you struggle to read instructions or reading material carefully? |
| <input type="checkbox"/> Do you tend to get easily bogged down on minor details? |
| <input type="checkbox"/> Do you make mistakes during daily life, such as locking your keys in the car or locking yourself out of the house? |
| <input type="checkbox"/> Other: |

Examples in Childhood

- | |
|---|
| <input type="checkbox"/> Did you make careless mistakes in schoolwork and assignments? |
| <input type="checkbox"/> Did you make mistakes because of not reading the question correctly? |
| <input type="checkbox"/> Have you left questions unanswered by not reading them correctly or left sections of the test unanswered? |
| <input type="checkbox"/> Have teachers/tutors commented on careless work or made comments on the importance of checking through work? |
| <input type="checkbox"/> Other: |

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SYMPTOM 2: DIFFICULTY SUSTAINING ATTENTION ON TASKS

Examples in Adulthood

Do you struggle to keep attention and remain on task in something you are not interested in? e.g., home accounts, work assignments?

Do you find that you can be easily distracted by your own thoughts?

Do you find that you flit from one task to the next without finishing anything?

Do you struggle to memorise and remember things?

Do you struggle with paying attention to conversations or topics leading to asking questions about topics that have already been discussed?

Do you struggle with paying attention to daily life skills – such as laundry and dishwashing, and find that you need to repeat the tasks repeatedly?

Do you use coffee to stay focussed?

Do you use stimulants to stay focussed?

Do you struggle to return to tasks once interrupted – by someone? Or something?

Do you quickly become bored with activities?

Do you struggle with watching films or reading books and not knowing what is happening?

Other:

Examples in Childhood

Did you struggle to pay attention to schoolwork?

Did you struggle to concentrate in class, despite wanting to, particularly in topics that you were not interested in?

Did you quickly become bored with activities?

Did you struggle with keeping attention when playing with peers?

Other:

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SYMPTOM 3: NOT APPEARING TO LISTEN

Examples in Adulthood

- Do you find small talk difficult?
- Do you tend to zone out (daydreaming or preoccupied) during conversations?
- Do you often change topics mid-way through conversations?
- Do you struggle to know what the conversation is about? May have stock words to use to try to explore what the conversation was about?
- Do you often try to portray as though listening to the conversation though thoughts are elsewhere?
- Do partners, family and friends often tell you that they told you something that you do not remember discussing?
- Other:

Examples in Childhood

- Did you struggle to know what parents and/or teachers had said?
- Did teachers remark that you were daydreaming, appeared preoccupied or zoned out?
- Parents / Teachers had to make comments to ask you to pay close attention.
- Were you only able to listen if parents/teachers raised their voices or demanded full attention?
- Other:

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SYMPTOM 4: FAIL TO FOLLOW THROUGH ON INSTRUCTIONS OR FINISHING TASKS

Examples in Adulthood

- Do you often struggle to follow instructions with a tendency to do things your own way?
- When following instructions, do you do things that are muddled up together but not complete them?
- Do you struggle to follow to-do lists?
- Do you struggle with completing paperwork / administrative tasks at home or at work?
- Do you struggle to complete tasks once your interests have faded?
- Do you have many unfinished projects (including hobbies) around the house or at work?
- Other:

Examples in Childhood

- Did you have difficulty following instructions at home or school? (Especially if it involves more than one step).
- Did you struggle to complete homework/assignment or not hand it in?
- Did you have many unfinished projects (including hobbies)?
- Did you require external structure provided by parents, family, or teachers to complete tasks?
- Other:

SYMPTOM 5: DIFFICULTY ORGANISING TASKS AND ACTIVITIES

Examples in Adulthood

- Would you describe yourself as disorganised?
- Do you struggle with planning activities in your daily life?
- Is your house or workplace disorganised? With piles of paper or post-it notes?
- Is your car disorganised?
- Do you have trouble meeting deadlines and planning or prioritising tasks?
- Do you often feel so overwhelmed that you can't handle one more thing?
- Do you struggle with writing and/or organising your thoughts on paper?
- Do you constantly explore organisational tools (purchasing apps, calendars, ideas on social media) but struggle to use them consistently?
- Do you struggle to use an agenda, diary, or schedule consistently?
- Do you tend to double book with many commitments?
- Do you struggle to estimate how much time an activity would take (poor sense of time)?
- Do you struggle with timekeeping and punctuality?

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Do you start each week determined to get organised?

Other:

Examples in Childhood

Would you describe yourself as disorganised as a child?

Did you have a messy room, desk, or locker?

Did you struggle with being ready for any activity on time?

Did you struggle with arriving on time and often being late?

Did you struggle with estimating how long an activity/task would take (poor sense of time)?

Did you struggle with playing alone? Keeping self-entertained?

Did you struggle planning your homework or assignments?

Other:



SYMPTOM 6. AVOID TASKS THAT REQUIRE SUSTAINED MENTAL EFFORT

Examples in Adulthood

Do you tend to do the easiest things first and often postpone tedious or difficult tasks?

Do bills and important administrative things you need to get done end up in piles unattended to?

Are you bad at managing your money?

Do you avoid reading because it involves mental effort?

Do you struggle with getting started on things?

Do you often postpone tasks so that deadlines are missed?

Do you need deadlines, or did nothing get done?

Other:

Examples in Childhood

Did you avoid doing your homework or assignments?

Did you avoid reading because of the mental effort?

Did you change subjects at school, especially if they involved a lot of reading or concentration?

Did you struggle to complete classes/courses?

Other:

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SYMPTOM 7: LOSES THINGS

Examples in Adulthood

- Are you constantly losing your car keys, your purse, your wallet, your phone, and the remote control?
- Do you lose your car in the parking lot because you cannot remember where you parked it?
- Do you lose important papers, receipts, bills, notes, lists, or telephone numbers?
- Other:

Examples in Childhood

- Did you lose items required for school (e.g., diaries, pens, gym kit, class planner, information school information)?
- Did you mislay toys or clothing?
- Did you get in a panic if other people moved things around?
- Other:



SYMPTOM 8: EASILY DISTRACTED

Examples in Adulthood

- Do you struggle to shut off from external stimuli e.g., impossible to shut off certain sounds and distractions that do not seem to bother others?
- Do you feel you are easily distracted by noises, activities, or external events?
- Do you feel overwhelmed in areas with too many stimuli (e.g., departmental stores) or at home (when family members are making a lot of noise /activity)?
- Do you struggle to filter/select information and constantly look/research for more options?
- Other:

Examples in Childhood

- Did you spend most of the time in class looking outside?
- Do you feel you are easily distracted by noises, activities, or external events?
- Other:

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SYMPTOM 9: FORGETFUL IN DAILY ACTIVITIES

Examples in Adulthood

- Do you have a poor memory?
- Do you forget where you put things?
- Do you successfully use a calendar or planner for a couple of weeks but then forget about it altogether?
- Do you forget birthdays and important dates?
- Do you purchase cards, gifts, and items and then forget you purchased them?
- Do you often forget what you will say while you are saying it?
- Do you forget that you have switched on the dishwasher or washing machine and need to re-run the machine?
- Do you often leave the house to return to fetch forgotten things?
- Do you forget that you are cooking and find yourself burning food?
- Do you forget to eat throughout the day?
- Do you forget to shower or brush your teeth?
- Do you forget to take your medication?
- Do you find it challenging to stop working so you can start lunch or dinner?
- Other:

Examples in Childhood

- Did you forget appointments, class schedules or instructions?
- Did you forget to take things to school?
- Did you often leave things at school or at friends' houses?
- Did you frequently need to be reminded about things, and tasks?
- Did you forget what had been done halfway through tasks?
- Other:

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2. ADHD PREDOMINANTLY HYPERACTIVE/IMPULSIVE PRESENTATION



SYMPTOM 10. FIDGET OR MOVE HANDS OR FEET IN A RESTLESS MANNER

Examples in Adulthood

- Do you move a lot?
- Are you constantly fidgeting?
- Do you bite your nails, pick your cuticles, or touch your face?
- Do you play with your hands constantly, clicking pen, tapping your foot, or moving in your seat?
- Other:

Examples in Childhood

- Did you move a lot in class?
- Did you constantly fidget in your seat and struggle to remain seated in a relaxed manner?
- Did parents/teachers often tell you to sit or remain still?
- Did you bite your nails, pick your cuticles, or touch your face?
- Did you play with your hands constantly, clicking pen, tapping your foot, or moving in your seat?
- Other:



SYMPTOM 11: DIFFICULTY REMAINING SEATED

Examples in Adulthood

- Do you struggle to sit still during meetings, classes, cinemas, or restaurants?
- Are you constantly getting up and using the excuse of going to the bathroom, to make coffee/tea, or get water just so you can move?
- When having to sit still, do you become more restless?
- Other:

Examples in Childhood

- Did you prefer to stand in the classroom or whilst eating?
- Did you struggle to remain seated at school or during meals?
- Did you get told by parents or teachers to remain seated?
- Did you make excuses for wanting to use the bathroom to walk around?
- Other:

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SYMPTOM 12: FEELS RESTLESS

Examples in Adulthood

- Do you feel restless or agitated inside?
- Do you struggle to relax or shut off before sleep with your mind constantly racing?
- Do you always feel that you must do something – changing something in the house, house deco, at work?
- Do you struggle to relax during holidays?
- Do you struggle with impulsive shopping or gambling?
- Do you speed when driving?
- Do you feel that you need to be constantly stimulated, resulting in engaging in risky behaviour (such as extreme sports, choice of partners, substance misuse)?
- Other:

Examples in Childhood

- Did you always run around in your childhood?
- Did you climb on furniture or jump off the sofa?
- Were you prone to accidents as a child?
- Do you struggle to relax or shut off before sleep with your mind constantly racing?
- Other:



SYMPTOM 13: DIFFICULTY DOING LEISURE ACTIVITIES QUIETLY

Examples in Adulthood

- Do you talk during activities when there is an expectation of remaining quiet (e.g., in library, church, cinema, meetings, watching TV with friends or family)
- Do you struggle to do any activities quietly (e.g., even housework will involve singing/running commentary)?
- Do you struggle to speak softly?
- Do others describe you as loud or tending to be too cocky in public?
- Other:

Examples in Childhood

- Did you talk during activities when there is an expectation of remaining quiet (e.g., in the library, church, cinema, class, watching TV with friends or family)

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Did parents/teachers often tell you to be quiet or calm down?

Did you struggle to speak softly?

Did others describe you as loud or tending to be too cocky in public?

Other:

SYMPTOM 14: ALWAYS ON THE GO

Examples in Adulthood

Are you always busy doing something?

Do you have too much energy and are always on the move?

Do you enjoy high-stimulation and even dangerous activities?

Would people around you describe you as excessively driven?

Do you find it to let things go?

Other:

Examples in Childhood

Were you constantly busy with a lot of extracurricular activities at school and outside of school?

Did you have a lot of energy? Did teachers and parents remark on your excessive energy?

Other:

SYMPTOM 15: TALKS EXCESSIVELY

Examples in Adulthood

Do you talk too much? Or are you known to be an incessant talker?

Do you often feel like you cannot stop talking even though you know you're monopolising a conversation and want to stop?

Do you talk really fast?

Do you tend to overshare? Or inability to keep secrets?

Do you find that you need a lot of words to say something?

Other:

Examples in Childhood

Were you known as a chatterbox?

Did parents/teachers often tell you to be quiet and stop talking?

Did you use to talk a lot in class (when there was an expectation to remain quiet) and distract others in the process?

ADHD Knowledge Hub

Medical Disclaimer This information is not meant to replace the advice of a medical professional or count for medical advice. The aim of this form is to use it as part of the pre-assessment to collect supplementary and collateral information (especially from parents, siblings, school reports, partners, and close friends) to support a formal assessment with a medical professional.

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Did reports from class mention talking too much?

Did you get in trouble for talking too much?

Other:

SYMPTOM 16: GIVING ANSWERS BEFORE QUESTIONS HAVE BEEN COMPLETED

Examples in Adulthood

Do you say what you think?

Do you say things without thinking and wish you did not, on reflection?

Do you complete other people's conversations?

Do you answer before others have finished their question?

Other:

Examples in Childhood

Did you often said what you think?

Did you tend to blurt out answers even if it is wrong?

Did you interrupt others before they finished their question or conversation?

Did you often come across as tactless?

Other:

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SYMPTOM 17: DIFFICULTY WAITING

Examples in Adulthood

- Do you hate waiting in line or needing to queue?
- Do you consider yourself impatient?
- Do you hate driving in heavy traffic or being stuck in traffic?
- Do you struggle to wait your turn during conversations?
- Do you tend to start relationships/jobs quickly or end them because of impatience?
- Do you hate being in crowded places where walking away is challenging?
- Other:

Examples in Childhood

- Did you struggle to wait your turn during group play, group activities or in the classroom?
- Were you considered impatient?
- Would you cross the road without looking?
- Did you struggle to wait your turn during conversations?
- Other:

SYMPTOM 18: INTERRUPTS OR INTRUDES UPON OTHERS

Examples in Adulthood

- Do you often interrupt people because you're afraid you'll forget what you want to say?
- Do you finish other people's sentences?
- Do you often blurt things you wish you had not said?
- Do you talk over people? Having an opinion about everything and needing to express it?
- Do you disturb and interrupt other people's activities?
- Other:

Examples in Childhood

- Did you interrupt other people's conversation, including talking over them?

- Did you impinge on the games of others?

- Other:

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3. IMPACT OF SYMPTOMS

The individual has 6 or more symptoms in the Inattentive and Hyperactive/Impulsive lists above. You do not need 6 symptoms in each category, but ideally, at least in **one category**.

To meet the **criteria** for an **ADHD diagnosis**, you must be able to **answer yes** to the following questions:

	Yes	No
Do you have 6 or more symptoms in categories: Inattention or Hyperactivity / Impulsivity?	<input type="checkbox"/>	<input type="checkbox"/>
Have these symptoms been present for at least 6 months ?	<input type="checkbox"/>	<input type="checkbox"/>
Are there signs of a lifelong pattern of these symptoms (i.e., these symptoms developed before the age of 12, or 16 for girls)	<input type="checkbox"/>	<input type="checkbox"/>
Do your symptoms interfere with or reduce the quality of social, academic, or occupational functioning?	<input type="checkbox"/>	<input type="checkbox"/>
The symptoms are present in at least 2 settings:	<input type="checkbox"/>	<input type="checkbox"/>
Home	<input type="checkbox"/>	<input type="checkbox"/>
School	<input type="checkbox"/>	<input type="checkbox"/>
Work	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>
Family	<input type="checkbox"/>	<input type="checkbox"/>
Relationship	<input type="checkbox"/>	<input type="checkbox"/>
Emotional wellbeing	<input type="checkbox"/>	<input type="checkbox"/>
Leisure activities / relaxation	<input type="checkbox"/>	<input type="checkbox"/>

If the above suggests a possibility of an ADHD diagnosis, please consult with a Medical Professional who specialises in ADHD diagnosis within your relevant jurisdiction to complete a thorough assessment and to exclude any possible comorbid mental health condition that could also contribute to similar symptoms.