**Adult ADHD evaluation**

Use a scale from 1-4 to rate each question for the person in question. You will see some examples illustrating the question under each one. Please then jot down examples if you rate 3 or 4 under the personal/work/relationships category.

1= Never

2= Sometimes

3=Often

4=Very often

**INATTENTIVE SYMPTOMS**

**Difficulty being accurate with details**

How much effort does it take the patient to be accurate or catch mistakes in your work? How often does he/she make errors that matter?

 -Filling out forms incorrectly

 -careless mistakes or missed instructions

 -missing important details in emails

Personal Work/School Relationships

**Difficulty sustaining attention**

How much effort does it take for him/her to pay attention when you should? How often does he/she miss presented information because of mind wandering?

 -mind wandering while reading

 -gaps in class or meeting notes

 -trouble following the theme in group conversations

Personal Work/School Relationships

**Difficulty listening in conversation**

How hard is it for him or her to listen to someone who is speaking directly to them? How often does he miss what people say to him?

 -not hearing requests from others at home

 -not hearing instructions

 -other people have to repeat themselves

Personal Work/School Relationships

**Difficulty sticking to and finishing actions**

How much effort does it take to stick with a task and not start a new one? How often to do things go unfinished?

 -frequently sidetracked from everyday tasks

 -partially completed tasks pile up

 -Difficulty staying on topic in conversations

Personal Work/School Relationships

**Difficulty organizing**

How much effort does it take to stay organized? How often do you wish things in your space or activities were more organized?

 -personal or workspace messy

 -mess makes it hard to use personal spaces (desk, closet)

 -overwhelmed due to poor planning and prioritizing

 -less likely to organize social activities

Personal Work/School Relationships

**Putting off tasks requiring mental effort**

How often are you scrambling to meet a deadline or miss one? How hard is it to get around to work you need to complete?

 -mail left unopened, late with bills

 -staying up late to prepare work for the next day

 -lack of preparation for shared activities upsets others

Personal Work/School Relationships

**Often losing important items**

Do you have to be careful not to misplace things? How often do you spend more than ten minutes a day looking for things?

 -personal time consumed by looking for items like keys or phone

 -takes longer to complete work because of looking for missed items

 -overreliance on others to keep track of personal items

Personal Work/School Relationships

**Forgetfulness**

Does it take special effort to remember things you need to do? How often are you upset you forgot something?

 -having to return to get things you left behind

 -forgetting assignments or instructions

 -forgetting to call or meet others

Personal Work/School Relationships

**Often distracted by things in the environment**

Is it hard to tune out distractions around you? How often does distraction keep you from accomplishing tasks?

 -need to isolate from reminders of other tasks to get personal tasks done

 -inefficient at working around others

 -difficulty listening to conversations or nearby activities

Personal Work/School Relationships

**HYPERACTIVE/IMPULSIVE SYMPTOMS**

**Fidgeting**

How much effort does it take to be still when sitting? How often is your fidgeting upsetting or noticeable to you or others?

 -self conscious of own fidgeting

 -disrupting classes or meetings by tapping on a desk, bouncing legs

 physical movements misinterpreted as anxiety, lack of interest

Personal Work/School Relationships

**Restless**

How much effort doe sit take for you to sit as long as you should? How often do you interrupt activities to get up?

 -hard to sit long enough to sort through mail, manage bills

 -frequently disengaging from tasks and meetings to get up

 -difficulty sitting through activities, conversations upsets others

Personal Work/School Relationships

**Excessively in motion**

Is it hard to stop yourself from moving too much? How often are you more in motion than other people? Do you seem on the go or driven by a motor?

 -requires exercise to feel physically calm

 -poor performance at tasks that require sitting

 -hard to enjoy low action activities with others

Personal Work/School Relationships

**Excessively loud**

Does it take effort for you to control the volume of your voice or presence? How often do you wish you controlled it better?

 -excitability detracts from quality of communication with others

 -excessive distracting presence in class or meetings

 -volume or intensity makes other people feel uncomfortable

Personal Work/School Relationships

**Excessive internal drive**

Is it hard to linger at activities? How often does the urge to stay busy cause problems?

 -rarely taking time to relax

 -taking on too many new activities or responsibilities

 -others find the person rarely present because of urge to move on

Personal Work/School Relationships

**Talking excessively**

Does it take effort not to talk longer than you need to? How often do you wish you stopped talking sooner?

 -talking too much creates inefficient communication with service providers like doctors

 -lose others interest in classes or meetings

talking more than other people limits depth of relationships

**Speaking at wrong time in conversation**

How hard is it not to speak before your turn? How often do other people ask you to let them finish?

 -interrupting limits information gathering with service providers eg

 -missing important information because of consciously trying to hold the thought and not interrupt

 -annoying other people, limiting chances to build relationships

Personal Work/School Relationships

**Difficulty waiting**

How hard is it to wait such as in a line at the supermarket or in traffic? How often do you avoid the line or leave them?

 -leaving or avoiding necessary lines while shopping, finding food

 -acting without waiting for input from others

 -upsetting others with impatience

Personal Work/School Relationships

**Intruding on others**

Is it hard not to interrupt other people when they are already in conversation? How often do you intrude on other people?

 -others less willing to assist because of impolite, intrusive behavior

 -taking charge of a meeting or project out of place

 offending others with impolite intrusive style

Personal Work/School Relationships

**Circle any of the questions that you would answer yes or maybe to:**

**General**

What is not going well in your day to day?

What kinds of tasks take more effort than you feel they should?

Do you have mood swings?

Do others feel that you react strongly to situations?

Would you say you are emotionally reactive? Hot tempered?

Have you ever been fired?

Do you find yourself getting easily overwhelmed?

Do you have a hard time with sequential instructions?

Is it hard to control your emotions or behavior?

Do you get bored easily?

Do you gravitate to thrilling activities?

Would you say you are fearless?

Would people describe you as aggressive?

Do you get frustrated easily?

Have people said or do you feel that you are lazy?

At what age did you first have these challenges?

Do you remember times in your life when you did not suffer from these issues?

Were you the kind of kid that teachers said had a lot of potential?

Did teacher, parents or friends comment about problems with focus and attention when you were little?

What do you remember about being a classroom?

Was your backpack messy? Your desk at school?

Did you get in trouble in class? Why?

Do you have trouble with authority or others telling you what to do?

Did you have trouble doing homework?

Have you ever had to take time off from school or work? Can you tell me about what happened?

Would people describe you as reckless?

What do you think are your strengths? Weaknesses?

Are your moods or feelings unpredictable?

Have you ever had a time in your life when you were unable to function as you normally do?

Are there things you spend time doing that you wish you didn’t? Or that upset others?

Do you over-react emotionally?

Do you often regret decisions made while emotional?/

Do you ever wish you had more control over how you express your emotions?