

General Adult ADD Symptom Checklist

Please read this list of behaviors and rate yourself on each behavior listed. Use the following scale and place the appropriate number next to the item.

0=never

1=rarely

2=occasionally

3=frequently

4=very frequently

Past History

- ___ 1) History of ADD symptoms in childhood such as distractibility, short attention span, impulsivity, or restlessness.
- ___ 2) History of not living up to potential in school work.
- ___ 3) History of behavior problems in school.
- ___ 4) History of bedwetting past 5 years old.
- ___ 5) Family history of ADD, learning problems, mood disorders, substance abuse problems.

Short Attention Span/Distractibility

- ___ 6) History of ADD symptoms in childhood such as distractibility, short attention span, impulsivity, or restlessness.
- ___ 7) History of not living up to potential in school work.
- ___ 8) History of behavior problems in school.
- ___ 9) History of bedwetting past 5 years old.
- ___ 10) Frequently misplace things.
- ___ 11) Skips around while reading, goes to the end first, trouble staying on track.
- ___ 12) Difficulty learning new games, hard to stay on track during directions.
- ___ 13) Easily distracted during sex, causing frequent breaks or turn offs during love making.
- ___ 14) Poor listening skills.
- ___ 15) Tendency to be easily bored, or tuned out.

Restlessness

- ___ 16) Restlessness, in constant motion, legs moving, fidgetiness.
- ___ 17) Must be moving in order to think.
- ___ 18) Trouble sitting still.
- ___ 19) An internal sense of anxiety or nervousness.

Impulsivity

- ___ 20) Impulsive, in words and actions.
- ___ 21) Say what comes to mind, without considering its impact.
- ___ 22) Trouble going through proper channels, using proper procedures, read the directions when all else fails.
- ___ 23) Impatient, low frustration tolerance.
- ___ 24) A prisoner of the moment.
- ___ 25) Frequent traffic violations.
- ___ 26) Frequent impulsive job changes.
- ___ 27) Tendency to embarrass others.

___ 28) Lying or stealing on impulse.

Poor Organization

- ___ 29) Poor organization and planning, trouble maintaining an organized work/living area.
- ___ 30) Chronically late, or chronically in a hurry.
- ___ 31) Often have piles of stuff.
- ___ 32) Easily overwhelmed by the tasks of daily living.
- ___ 33) Poor financial management (late bills, check book a mess, spending money on fees.
- ___ 34) A need for others to organize you.

Problems Getting Started and Following Through

- ___ 35) Chronic procrastination or trouble getting started.
- ___ 36) Starting projects but not finishing them, poor follow through.
- ___ 37) Enthusiastic beginnings but poor endings.
- ___ 38) Spends excessive time at work because of inefficiencies.
- ___ 39) Inconsistent work performance.

Negative Internal Feelings

- ___ 40) Chronic sense of underachievement.
- ___ 41) Chronic problems with self-esteem.
- ___ 42) Mood Swings.
- ___ 43) Negativity.
- ___ 44) Frequent feelings of demoralization, or that things won't work out for you.

Relational Difficulties

- ___ 45) Trouble sustaining friendships or intimate relationships. Promisquity.
- ___ 46) Trouble with intimacy/
- ___ 47) Tendency to be immature.
- ___ 48) Self-centered, immature interests.
- ___ 49) Failure to see others needs or activities as important.
- ___ 50) Lack of talking in a relationship.
- ___ 51) Verbally abusive to others.
- ___ 52) Proneness to hysterical outbursts.
- ___ 53) Avoids group activities.
- ___ 54) Trouble with authority.

Short Fuse

- ___ 55) Quick responses to slights that are real or imagined.
- ___ 56) Rage outbursts, short fuse.

Search for High Stimulation

- ___ 57) Frequent search for high stimulation, doing many things at once.
- ___ 58) Tendency to seek conflict, be argumentative

Tendency to Get Stuck

- ___ 59) Tendency to worry needlessly and endlessly.
- ___ 60) Tendency towards addictions.

Switches Things Around

- 61) Switches around numbers, letters or words.
- 62) Turns words around in conversations.

Writing/Fine Motor Coordination Difficulties

- 63) Poor writing skills, hard to get information from brain to pen.
- 64) Poor handwriting.
- 65) Coordination difficulties.

The Harder I Try The Worse It Gets.

- 66) Performance gets worse under pressure.
- 67) Test anxiety, or mind tends to go blank during tests.
- 68) The harder you try, the worse it gets.
- 69) Work or schoolwork deteriorates under pressure.
- 70) Tendency to turn off or become stuck when asked questions in social situations.
- 71) Falls asleep or becomes tired when reading.

Sleep/Wake Difficulties

- 72) Difficulty falling asleep.
- 73) Difficulty getting awake.

Low Energy

- 74) Periods of low energy, especially in the morning..
- 75) Frequently feel tired.

Sensitive to Touch or Noise

- 76) Startles easily.
- 77) Sensitive to touch, clothes, noise, light.

Total Score _____ (more than 20 with a score of 3 or more indicates a strong tendency toward ADD.) Items 1, 6, and 7 are needed for the diagnosis.