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, checkbook 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. Promiscuity.
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.