

Adult Attention Deficit Disorder (ADD) Checklist

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In conjunction with other diagnostic techniques, Dr Amen says he, "uses the following general adult ADHD checklist to help further define ADHD symptoms. No ADHD adult has all of the symptoms, but if you notice a strong presence of more than 20 of these symptoms, there is a strong likelihood of ADHD."

Read this list of behaviours and rate yourself (or the person who has asked you to rate him or her) on each behaviour 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

****IMPORTANT:** This is not a tool for self-diagnosis. Its purpose is simply to help you determine whether ADHD may be a factor in the behaviour of the person you are assessing using this checklist. An actual diagnosis can be made only by an experienced professional.

CHECKLIST	Never (0)	Rarely (1)	Occasionally (2)	Frequently (3)	Very Freq. (4)
PAST HISTORY					
1.__*History of ADHD symptoms in childhood, such as distractibility, short attention span, impulsivity or restlessness. ADHD doesn't start at age 30.					
2.__History of not living up to potential in school or work (report cards with comments such as "not living up to potential")					
3.__History of frequent behavior problems in school (mostly for males)					
4.__History of bedwetting past age 5					
5.__Family history of ADHD, learning problems, mood disorders or substance abuse problems					
SHORT ATTENTION SPAN/DISTRACTIBILITY					
6.__*Short attention span, unless very interested in something					
7.__*Easily distracted, tendency to drift away (although at times can be hyperfocused)					
8.__Lacks attention to detail, due to distractibility					
9.__Trouble listening carefully to directions					
10.__Frequently misplaces things					
11.__Skips around while reading, or goes to the end first, trouble staying on track					
12.__Difficulty learning new games, because it is hard to stay on track during directions					
13.__Easily distracted during sex, causing frequent breaks or turn-offs during lovemaking					
14.__Poor listening skills					
15.__Tendency to be easily bored (tunes out)					
RESTLESSNESS					
16.__Restlessness, constant motion, legs moving, fidgeting					
17.__Has to be moving in order to think					
18.__Trouble sitting still, such as trouble sitting in one place for too long, sitting at a desk job for long periods, sitting through a movie					
19.__An internal sense of anxiety or nervousness					
IMPULSIVITY					
20.__Impulsive, in words and/or actions (spending)					
21.__Say just what comes to mind without considering its impact (tactless)					

22. __Trouble going through established channels, trouble following proper procedure, an attitude of "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 ORGANISATION					
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 tasks of daily living					
33. __Poor financial management (late bills, check book a mess, spending unnecessary money on late fees)					
PROBLEMS GETTING STARTED AND FOLLOWING THROUGH					
34. __Chronic procrastination or trouble getting started					
35. __Starting projects but not finishing them, poor follow through					
36. __Enthusiastic beginnings but poor endings					
37. __Spends excessive time at work because of inefficiencies					
38. __Inconsistent work performance					
NEGATIVE INTERNAL FEELINGS					
39. __Chronic sense of under achievement, feeling you should be much further along in your life than you are					
40. __Chronic problems with self-esteem					
41. __Sense of impending doom					
42. __Mood swings					
43. __Negativity					
44. __Frequent feeling 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. __Prone to hysterical outburst					
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					
FREQUENT SEARCH FOR HIGH STIMULATION					
57. __Frequent search for high stimulation (bungee jumping, gambling, race track, high stress jobs, ER doctors, doing many things at once, etc.)					
58. __Tendency to seek conflict, be argumentative or to start disagreements for the fun of it					
TENDENCY TO GET STUCK (THOUGHTS OR BEHAVIOURS)					
59. __Tendency to worry needlessly and endlessly					
60. __Tendency toward ADHD ictions (food, alcohol, drugs, work)					

SWITCHES THINGS AROUND					
61.__ Switches around numbers, letters or words					
62.__ Turn words around in conversations					
WRITING/FINE MOTOR COORDINATION DIFFICULTIES					
63.__ Poor writing skills (hard to get information from brain to pen)					
64.__ Poor handwriting, often prints					
65.__ Coordination difficulties					
THE HARDER I TRY THE WORSE IT GETS					
66.__ Performance becomes worse under pressure.					
67.__ Test anxiety, or during tests your mind tends to go blank					
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 while reading					
SLEEP/WAKE DIFFICULTIES					
72.__ Difficulty falling asleep, may be due to too many thoughts at night					
73.__ Difficulty coming awake (may need coffee or other stimulant or activity before feeling fully awake)					
LOW ENERGY					
74.__ Periods of low energy, especially early in the morning and in the afternoon					
75.__ Frequently feeling tired					
SENSITIVE TO NOISE OR TOUCH					
76.__ Startles easily					
77.__ Sensitive to touch, clothes, noise and light					

When you have completed the above checklist, calculate the Total Score: _____

Total Number of Items with a score of three (3) or more: _____

Score for Item #1: _____

Score for Item #6: _____

Score for Item #7: _____

Dr. Amen suggests: "More than 20 items with a score of three or more indicates a strong tendency toward ADHD .

Note: The three items with * and a score above three are essential to make the diagnosis.

" He adds: "One of the most common ways I diagnose ADHD in adults is when parents reluctantly tell me that they have tried their child's medication and that they found it very helpful. They report it helped them concentrate for longer periods of time. They became more organized and were less impulsive. Trying your child's medication is not something I recommend!"