

ADD Screening TEST for ADULTS

Name _____

Highest school grade completed _____

Age _____

Instructions: Using the numbers below, mark each to show how much that feeling or behavior has been a problem in the past month.

0 – Not a problem, never occurs

1 – Mild problem, occurs rarely

2 – Moderate problem, occurs several times a week

3 – Severe problem, occurs daily or multiple times a day

1. _____ A sense of underachievement, of not meeting one's goals (regardless of how much one has actually accomplished).
2. _____ Difficulty getting organized (often has piles of papers on desk, in briefcase or in car, difficulty in keeping track of plans and time).
3. _____ Chronic procrastination or trouble getting started.
4. _____ Many projects going simultaneously, trouble with follow-through or finishing tasks.
5. _____ A tendency to say what comes to mind without necessarily considering the timeliness or appropriateness of the remark (interrupting others, finishing others' sentences).
6. _____ A frequent search for high stimulation.
7. _____ Easy distractibility trouble focusing attention, a tendency to tune out or drift away in the middle of a conversation or lecture.
8. _____ Easy distractibility with reading, had to reread sentences or paragraph to get the meaning. This could include newspapers, magazines or books.
9. _____ Impulsivity, either verbally or in action, as in spending money, changing plans and acting on new schemes.
10. _____ Physical restlessness, difficulty sitting still, shakes leg or twiddles with objects, difficulty standing in line.
11. _____ Cognitive restlessness. Mind feels like it is going like a motor, or going off on frequent tangents, difficulty in getting to sleep.
12. _____ Family history of ADD, manic depressive illness or depression or other disorders of impulsive control or mood.
13. _____ Difficulty with time management, difficulty prediction the length of time it will take to finish something or to get somewhere, frequently late.

14. _____ Difficulty with planning and prioritizing. You make a list of things to do in the day, but rarely get to the list or complete it.
15. _____ Difficulty with working memory. Frequently lose train of thought, or forget what has been said, done or heard in the past 24 hours. (Also, misplaces objects - wallet, keys or glasses).
16. _____ Difficulty with shifting tasks (shift tasks often without completing initial task or get stuck and have difficulty transitioning from one task to another).
17. _____ Feel frequently overwhelmed and stressed by tasks pressures, which others seem to handle okay.
18. _____ Easily sidetracked. When confronted with a task you do not want to do (or is difficult to do), you frequently switch to another easier, but less important task.
19. _____ Have short attention span unless the topic or task is interesting (i.e. paying attention during a movie/tv program, or reading/studying).
20. _____ Once you get started on task or activity, it is difficult to stop it (i.e. getting off the internet at night to get a normal sleep).
21. _____ Irritability, has problems with anger management.
22. _____ Difficulties with self-control of emotions.
23. _____ Do you have multiple types of thoughts going through your mind at the same time?
1-2 _____ 3-4 _____ over 5 _____
24. _____ How long can you sit and focus on a task without getting up, looking at your cell phone or distracting yourself in some way?
0-5 min _____ 10-20 min _____ over 30 min _____