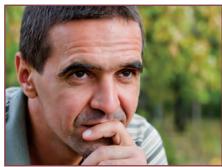
# IsIt Adult ADHD?









From *ADDitude*'s Experts



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### **CONTACT INFORMATION**

New Hope Media 646-366-0830 39 West 37th Street, 15th Floor New York, NY 10018

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# Is It Adult ADHD?

Habitually disorganized? Always running late? Struggling to manage money and relationships? Take this Attention Deficit Disorder (ADD/ADHD) Screening Test to learn more.

any adults live with Adult Attention Deficit Hyperactivity Disorder and don't recognize it. Why? Because the symptoms may be mistaken for those resulting from a stressful lifestyle.

The following questionnaire, developed by the World Health Organization, is called the Adult Self-Report Scale (ASRS) Symptom Checklist. It can be used as a starting point to help you recognize the symptoms of Adult ADHD, but it is not meant to replace consultation with a trained health-care professional. **An accurate diagnosis can be made only through clinical evaluation**. Regardless of the questionnaire results, if you have concerns about diagnosis and treatment of Adult ADHD, please discuss them with your physician.

Instructions: Please answer the questions below, rating yourself on each of the criteria shown. As you answer each question, choose the answer that best describes how you have conducted yourself **over the past 6 months**. Discuss these results with your physician.

1. How often do you have difficulty keeping your attention while doing some
thing for work or school, a hobby, or a fun activity?
☐ Never
Rarely
☐ Sometimes
Often



from the editors of

2.	How often are you easily distracted by something in your environment, like a
	noise or another conversation?
	☐ Never
	☐ Rarely
	☐ Sometimes
	☐ Often
3.	How often do you avoid or delay tasks or work that require a lot of mental
	effort or thought?
	☐ Never
	☐ Rarely
	☐ Sometimes
	☐ Often
4.	How often do you have trouble listening to someone, even when they are
	speaking directly to you?
	☐ Never
	☐ Rarely
	☐ Sometimes
	☐ Often
5.	How often do you have difficulty organizing an activity or a task that you need
	to get done?
	☐ Never
	☐ Rarely
	☐ Sometimes
	☐ Often
6.	How often do you make careless mistakes in things such as schoolwork,
	a chore or activity, or something at work?
	☐ Never
	☐ Rarely
	☐ Sometimes
	☐ Often
<b>7.</b>	How often do you forget to do something you do all the time, such as missing
	an appointment or forgetting your lunch?
	☐ Never
	☐ Rarely
	☐ Sometimes
	□ Often



<b>8.</b> How	often do you lose, misplace, or damage something that you need in order
to get	things done?
	Never
□ F	Rarely
	Sometimes
	Often
	often do you have trouble completing your schoolwork, a project, chores, responsibility at work, once all the challenging or fun parts have been
done	
	Never
	Rarely
	Sometimes
	Often
	v often do you feel fidgety, especially when sitting for long periods of
time	
	Never
	Rarely
	Sometimes
	Often
<b>12.</b> Hov	v often do you feel like you're "on the go," compelled to do things, or feel
like	you're "driven by a motor?"
	Never
□ F	Rarely
	Sometimes
	Often
<b>13.</b> Hov	v often do you feel like you can't sit still (like you want to get out of your
seat	), especially when in a meeting or in class?
	Never
□ F	Rarely
	Sometimes
	Often
<b>14.</b> Hov	v often do you begin to answer a question before it's done being asked?
	Never
	Rarely
	Sometimes
	Often



<b>15.</b> How often do you feel restless—like you want to get out and <i>do</i> something?
☐ Never
☐ Rarely
☐ Sometimes
☐ Often
<b>16.</b> How often do you find it difficult to relax, unwind, and just spend quiet time
with yourself?
☐ Never
☐ Rarely
☐ Sometimes
☐ Often
17. How often do find yourself talking too much to others?
☐ Never
☐ Rarely
☐ Sometimes
Often
<b>18.</b> How often do you interrupt others or butt into their conversations?
☐ Never
☐ Rarely
☐ Sometimes
Often

For an ADD or ADHD diagnosis, the symptoms must occur in at least two different settings (like school and home, or work and home), and they must have lasted at least six months. Symptoms typically worsen in situations that require sustained attention or mental effort, or that are boring.

Adults who think they may have ADD should consult with a physician or other licensed mental health practitioner. Treatments are available that can substantially reduce ADD or ADHD symptoms.

The Adult Self-Report Scale (ASRS) Symptom Checklist Copyright © 2003 World Health Organization



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