

Is It Adult ADHD?



From **ADDitude's** Experts

ADDITUDE
LIVING WELL WITH **ATTENTION DEFICIT**

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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.

Many 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 something for work or school, a hobby, or a fun activity?
- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often

- 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
- 7.** 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

- 8.** How often do you lose, misplace, or damage something that you need in order to get things done?
- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
- 9.** How often do you have trouble completing your schoolwork, a project, chores, or a responsibility at work, once all the challenging or fun parts have been done?
- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
- 10.** How often do you feel fidgety, especially when sitting for long periods of time?
- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
- 12.** How often do you feel like you're "on the go," compelled to do things, or feel like you're "driven by a motor?"
- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
- 13.** How 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
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
- 14.** How often do you begin to answer a question before it's done being asked?
- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often

15. How often do you feel restless—like you want to get out and *do* something?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often

16. 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 you find yourself talking too much to others?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often

18. 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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