

ADD ADHD Test #2

Check the box only if the statement on the self ADD ADHD test occurs frequently.

More than 20 checked items on the self ADD ADHD test indicates a strong tendency toward Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder.

- ☐ Does not work to potential in school, receives "not working to potential" teacher comments.
- ☐ Has short attention span unless very interested in a particular subject.
- ☐ Has a family history of Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, learning problems or substance abuse.
- ☐ Is easily distracted.
- ☐ Lacks attention to detail.
- ☐ Has sloppy handwriting.
- ☐ Has difficulty putting thoughts on paper.
- ☐ Has trouble listening carefully to directions.
- ☐ Frequently forgets or misplaces things.
- ☐ Skips around while reading.
- ☐ Has difficulty learning new games and new skills.
- ☐ Has poor listening skills.
- ☐ Transposes numbers, letters or words.
- ☐ Is restless or in constant motion, is always "on the go."
- ☐ Concentrates better when moving or fidgeting.
- ☐ Has trouble sitting still or sitting in one place too long.
- ☐ Has increased anxiety or nervousness.
- ☐ Has a history of bed wetting beyond the age 5.

- ___ Has poor communication skills.
- ___ Lacks tact, often spurting out the first thing that comes to mind.
- ___ Acts impulsively or dangerously without considering the consequences.
- ___ Is easily bored.
- ___ Says things without thinking and later regrets having said them.
- ___ Starts to answer questions before the questions are fully asked.
- ___ Is impatient.
- ___ Has trouble following verbal directions.
- ___ Makes careless mistakes in schoolwork.
- ___ Has tendency to embarrass others.
- ___ Lies or steals on impulse.
- ___ Has trouble maintaining an organized work or living area.
- ___ Is often late.
- ___ Procrastinates, especially with multi-faceted tasks.
- ___ Is easily overwhelmed by everyday tasks.
- ___ Has trouble getting started.
- ___ Starts projects but does not finish them.
- ___ Fails to finish schoolwork or chores.
- ___ Is inconsistent with school performance.
- ___ Spends excessive time on homework.
- ___ Has a tendency to drift away.
- ___ Has problems with self-esteem.
- ___ Has a negative attitude.

- ☐ Has trouble maintaining friendships.
- ☐ Acts immature for age.
- ☐ Has trouble expressing thoughts and feelings.
- ☐ Is verbally or physically abusive.
- ☐ Avoids group activities or organized sports.
- ☐ Has a quick temper, is "short-fused."
- ☐ Has rage outbursts.
- ☐ Gets upset by minor annoyances.
- ☐ Is argumentative.
- ☐ Worries needlessly or excessively.
- ☐ Has tendency toward obsessive behavior.
- ☐ Turns words around in conversations.
- ☐ Performs poorly under pressure.
- ☐ Has difficulty reading unless very interested in the subject.
- ☐ Has difficulty falling asleep.
- ☐ Has difficulty waking up or feeling fully awake.
- ☐ Is frequently tired.
- ☐ Startles easily.
- ☐ Is sensitive to touch, clothes, noise or light.
- ☐ Is more comfortable moving than sitting still.
- ☐ Has moods swings from highs to lows.
- ☐ Has trouble planning a series of tasks or activities.
- ☐ Become upset easily, is "thin-skinned."

- ___ Talks excessively.
- ___ Fidgets, even when sitting quietly.
- ___ Has difficulty waiting in turn during group activities.
- ___ Frequently daydreams or "spaces out."
- ___ "Blanks out" when taking tests or under pressure.
- ___ Has low frustration tolerance.
- ___ Has frequent behavior problems in school.