

Sample ADD ADHD Test #1

- 0 = never
- 1 = rarely
- 2 = occasionally
- 3 = frequently
- 4 = very frequently

Past History

- **1)** History of ADD symptoms in childhood, such as distractibility, short attention span, impulsivity or restlessness. ADD doesn't start at age 30.
- History of not living up to potential in school or work (report cards with comments such as "not living up to potential")
- History of frequent behavior problems in school (mostly for males)
- History of bedwetting past age 5
- Family history of ADD, learning problems, mood disorders or substance abuse problems

Short Attention Span/Distractibility

- **2)** Short attention span, unless very interested in something
- **3)** Easily distracted, tendency to drift away (although at times can be hyper focused)
- Lacks attention to detail, due to distractibility
- Trouble listening carefully to directions
- Frequently misplaces things
- Skips around while reading, or goes to the end first, trouble staying on track
- Difficulty learning new games, because it is hard to stay on track during directions
- Easily distracted during sex, causing frequent breaks or turn-offs during lovemaking
- Poor listening skills
- Tendency to be easily bored (tunes out)

Restlessness

- Restlessness, constant motion, legs moving, fidgetiness
- Has to be moving in order to think
- 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
- An internal sense of anxiety or nervousness

Impulsivity

- _ Impulsive, in words and/or actions (spending)
- _ Say just what comes to mind without considering its impact (tactless)
- _ Trouble going through established channels, trouble following proper procedure, an attitude of "read the directions when all else fails"
- _ Impatient, low frustration tolerance
- _ A prisoner of the moment
- _ Frequent traffic violations
- _ Frequent, impulsive job changes
- _ Tendency to embarrass others
- _ Lying or stealing on impulse

Poor Organization

- _ Poor organization and planning, trouble maintaining an organized work/living area
- _ Chronically late or chronically in a hurry
- _ Often have piles of stuff
- _ Easily overwhelmed by tasks of daily living
- _ Poor financial management (late bills, check book a mess, spending unnecessary money on late fees)
- _ Some adults with ADD are very successful, but often only if they are surrounded with people who organize them.

Problems Getting Started and Following Through

- _ Chronic procrastination or trouble getting started
- _ Starting projects but not finishing them, poor follow through
- _ Enthusiastic beginnings but poor endings
- _ Spends excessive time at work because of inefficiencies
- _ Inconsistent work performance

Negative Internal Feelings

- _ Chronic sense of underachievement, feeling you should be much further along in your life than you are
- _ Chronic problems with self-esteem
- _ Sense of impending doom
- _ Mood swings
- _ Negativity
- _ Frequent feeling of demoralization or that things won't work out for you

Relational Difficulties

- _ Trouble sustaining friendships or intimate relationships, promiscuity
- _ Trouble with intimacy

- _ Tendency to be immature
- _ Self-centered; immature interests
- _ Failure to see others' needs or activities as important
- _ Lack of talking in a relationship
- _ Verbally abusive to others
- _ Proneness to hysterical outburst
- _ Avoids group activities
- _ Trouble with authority

Short Fuse

- _ Quick responses to slights that are real or imagined
- _ Rage outbursts, short fuse

Frequent Search For High Stimulation

- _ Frequent search for high stimulation (bungee jumping, gambling, race track, high stress jobs, ER doctors, doing many things at once, etc.)
- _ Tendency to seek conflict, be argumentative or to start disagreements for the fun of it

Tendency To Get Stuck (thoughts or behaviors)

- _ Tendency to worry needlessly and endlessly
- _ Tendency toward addictions (food, alcohol, drugs, work)

Switches Things Around

- _ Switches around numbers, letters or words
- _ Turn words around in conversations

Writing/Fine Motor Coordination Difficulties

- _ Poor writing skills (hard to get information from brain to pen)
- _ Poor handwriting, often prints
- _ Coordination difficulties

The Harder I Try The Worse It Gets

- _ Performance becomes worse under pressure.
- _ Test anxiety, or during tests your mind tends to go blank
- _ The harder you try, the worse it gets
- _ Work or schoolwork deteriorates under pressure
- _ Tendency to turn off or become stuck when asked questions in social situations
- _ Falls asleep or becomes tired while reading

Sleep/Wake Difficulties

- ☐ Difficulties falling asleep, may be due to too many thoughts at night
- ☐ Difficulty coming awake (may need coffee or other stimulant or activity before feeling fully awake)

Low Energy

- ☐ Periods of low energy, especially early in the morning and in the afternoon
- ☐ Frequently feeling tired

Sensitive To Noise Or Touch

- ☐ Startles easily
- ☐ Sensitive to touch, clothes, noise and light

Total Score: _____

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

Score for Item **1**): _____

Score for Item **2**): _____

Score for Item **3**): _____

"20+ items with a score of three or more indicates a strong tendency toward ADD.

Items 1, 2, and 3 are essential to make the diagnosis.