

Adult Attention Deficit Disorder Symptoms Checklist:

Name: _____ Date: _____

Check those which apply:

_____ Often fails to give close attention to details or makes careless mistakes in school or other activities.

_____ Often has difficulty sustaining attention in task or play activities.

_____ Often does not seem to listen when spoken to directly.

_____ Often does not follow through on instructions and fails to finish schoolwork, chores or duties in the workplace.

_____ Often has difficulty organizing tasks and activities.

_____ Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort.

_____ Often loses things necessary for tasks/activities.

_____ Often easily distracted by extraneous stimuli.

_____ Often forgetful in daily activities.

_____ Often fidgets with hands or feet or scrunches in seat.

_____ Often leaves seat in situations in which remaining seated is expected.

_____ Often runs and climbs excessively in inappropriate situations.

_____ Often has difficulty playing or engaging in leisure activities quietly.

_____ On the go or driven by a motor.

_____ Talks excessively.

_____ Often gets up and answers before questions have been completed.

_____ Often has difficulty awaiting time.

_____ Often interrupts or intrudes on others.