

## Adult ADD screening

The items below refer to how you behaved and felt during most of your adult life. If you usually have been one way and have recently changed, your responses should reflect how you usually have been.

Circle one of the numbers that follow each item, using the scale below:

0=Not at all

1=Just a little

2=Somewhat

3=Moderately

4=Quite a lot

5=Very much

1. At home, work or school, I find my mind wandering from tasks that are uninteresting or difficult.

0 1 2 3 4 5

2. I find it difficult to read written material unless it is very interesting or very easy.

0 1 2 3 4 5

3. Especially in groups I find it hard to stay focused on what is being said in conversations.

0 1 2 3 4 5

4. I have a quick temper, a short fuse

0 1 2 3 4 5

5. I am irritable and get upset by minor annoyances.

0 1 2 3 4 5

6. I say things without thinking and later regret having said them.

0 1 2 3 4 5

7. I make quick decisions without thinking enough about their possible bad results.

0 1 2 3 4 5

8. My relationships with people are made difficult by my tendency to talk first and think later.

0 1 2 3 4 5

9. My moods have highs and lows.

0 1 2 3 4 5

10. I have trouble planning in what order to do a series of activities or tasks.  
0 1 2 3 4 5
11. I easily become upset.  
0 1 2 3 4 5
12. I seem to be thin-skinned and many things upset me.  
0 1 2 3 4 5
13. I am almost always on the go.  
0 1 2 3 4 5
14. I am more comfortable when I'm moving than when sitting still.  
0 1 2 3 4 5
15. In conversations, I start to answer questions before the questions have been fully asked.  
0 1 2 3 4 5
16. I usually work on more than one project at a time and fail to finish any of them.  
0 1 2 3 4 5
17. There is a lot of static or chatter in my head.  
0 1 2 3 4 5
18. Even when sitting quietly, I am usually moving my hands or feet.  
0 1 2 3 4 5
19. In group activities it is hard for me to wait for my turn.  
0 1 2 3 4 5
20. My mind gets so cluttered that it is hard for it to function.  
0 1 2 3 4 5
21. My thoughts bounce around as if my mind were a pinball machine.  
0 1 2 3 4 5
22. My brain feels as if it were a television set with all the channels going at once.  
0 1 2 3 4 5
23. I am unable to stop daydreaming.  
0 1 2 3 4 5
24. I am distressed by the disorganized way my brain works.  
0 1 2 3 4 5