ADD/ADHD Questionnaire

After printing this page, please read this list of behaviors and rate the person we will be seeing on each behavior listed. Use the following scale of 0 to 4 and place the appropriate number next to the item. This form does not repeat questions asked in the general health survey, such as about sleep, and does not ask every question possible. It is a sensible beginning. So, let's begin…

Please mark **0, 1, 2, 3, or 4** in each box next to the question

0 = never
1 = rarely, not significant
2 = occasionally, moderate
3 = frequently, a major problem
4 = very frequently, severe

Past History

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

Short Attention Span/Distractibility

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

Restlessness

16. ☐ **Restlessness, constant motion, legs moving, fidgetiness**
17. ☐ **Has to be moving in order to think**
18. ☐ **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**
19. ☐ **An internal sense of anxiety or nervousness**

Impulsivity

20. ☐ **Impulsive, in words and/or actions (spending)**

21. ☐ **Say just what comes to mind without considering its impact (tactless)**
22. ☐ **Trouble going through established channels, trouble following proper procedure, an attitude of "read the directions when all else fails"**
23. ☐ **Impatient, low frustration tolerance**
24. ☐ **A prisoner of the moment**
25. ☐ **Frequent traffic violations**
26. ☐ **Frequent, impulsive job changes**
27. ☐ **Tendency to embarrass others**
28. ☐ **Lying or stealing on impulse**

Poor Organization

29. ☐ **Poor organization and planning, trouble maintaining an organized work/living area**
30. ☐ **Chronically late or chronically in a hurry**
31. ☐ **Often have piles of stuff**
32. ☐ **Easily overwhelmed by tasks of daily living**
33. ☐ **Poor financial management (late bills, check book a mess, spending unnecessary money on late fees)**
34. ☐ **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

35. ☐ **Chronic procrastination or trouble getting started**
36. ☐ **Starting projects but not finishing them, poor follow through**
37. ☐ **Enthusiastic beginnings but poor endings**
38. ☐ **Spends excessive time at work because of inefficiencies**
39. ☐ **Inconsistent work performance**

Negative Internal Feelings

40. ☐ **Chronic sense of underachievement, feeling you should be much further along in your life than you are**
41. ☐ **Chronic problems with self-esteem**
42. ☐ **Sense of impending doom**
43. ☐ **Mood swings**
44. ☐ **Negativity**
45. ☐ **Frequent feeling of demoralization or that things won't work out for you**

Relational Difficulties

46. ☐ **Trouble sustaining friendships or intimate relationships, promiscuity**
47. ☐ **Trouble with intimacy**

48. ☐ **Tendency to be immature**
49. ☐ **Self-centered; immature interests**
50. ☐ **Failure to see others' needs or activities as important**
51. ☐ **Lack of talking in a relationship**
52. ☐ **Verbally abusive to others**
53. ☐ **Proneness to hysterical outburst**
54. ☐ **Avoids group activities**
55. ☐ **Trouble with authority**

Short Fuse

56. ☐ **Quick responses to slights that are real or imagined**
57. ☐ **Rage outbursts, short fuse**

Frequent Search For High Stimulation

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

Tendency To Get Stuck (thoughts or behaviors)

60. ☐ **Tendency to worry needlessly and endlessly**
61. ☐ **Tendency toward addictions (food, alcohol, drugs, work)**

Switches Things Around

62. ☐ **Switches around numbers, letters or words**
63. ☐ **Turn words around in conversations**

Writing/Fine Motor Coordination Difficulties

64. ☐ **Poor writing skills (hard to get information from brain to pen)**
65. ☐ **Poor handwriting, often prints**
66. ☐ **Coordination difficulties**

The Harder I Try The Worse It Gets

67. ☐ **Performance becomes worse under pressure.**
68. ☐ **Test anxiety, or during tests your mind tends to go blank**
69. ☐ **The harder you try, the worse it gets**
70. ☐ **Work or schoolwork deteriorates under pressure**
71. ☐ **Tendency to turn off or become stuck when asked questions in social situations**

72. ☐ **Falls asleep or becomes tired while reading**

Sleep/Wake Difficulties

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

Low Energy

75. ☐ **Periods of low energy, especially early in the morning and in the afternoon**
76. ☐ **Frequently feeling tired**

Sensitive To Noise Or Touch

77. ☐ **Startles easily**
78. ☐ **Sensitive to touch, clothes, noise and light**