

# Attention Deficit Disorder (ADD/ADHD) Test

Based upon the DSM-5 criteria  
and other screening measures for ADD/ADHD  
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	Never	Rarely	Sometimes	Often
1. How often do you have difficulty sustaining your attention while doing something for work, school, a hobby, or fun activity (e.g., remaining focused during lectures, lengthy reading or conversations)?	N	R	S	O
2. How often are you easily distracted by external stimuli, like something in your environment or unrelated thoughts?	N	R	S	O
3. How often do you avoid, dislike, or are reluctant to engage in tasks that require sustained mental effort or thought?	N	R	S	O
4. How often do you have trouble listening to someone, even when they are speaking directly to you, like your mind is somewhere else?	N	R	S	O
5. How often do you have difficulty in organizing an activity or task needing to get done (e.g., poor time management, fails to meet deadlines, difficulty managing sequential tasks)?	N	R	S	O
6. How often do you fail to give close attention to details, or make careless mistakes in things such as schoolwork, at work, or during other activities?	N	R	S	O
7. How often do you forget to do something you do all the time, such as missing an appointment or paying a bill?	N	R	S	O
8. How often do you lose, misplace or damage something that's necessary in order to get things done (e.g., your phone, eyeglasses, paperwork, wallet, keys, etc.)?	N	R	S	O
9. How often do you have trouble following through on instructions, or failing to finish schoolwork, chores, or duties in the workplace (e.g., you start a task but quickly lose focus and are easily sidetracked)?	N	R	S	O
10. How often are you unable to play or engage in leisurely activities quietly?	N	R	S	O

11. How often do you have difficulty waiting your turn, such as while waiting in line?	N	R	S	O
12. How often do you feel like you're "on the go," acting as if you're "driven by a motor" (e.g., you're unable to be or uncomfortable being still for an extended period of time, such as in a restaurant or a meeting)?	N	R	S	O
13. How often do you leave your seat in situations when remaining seated is expected (e.g., leaving your place in the office or workplace)?	N	R	S	O
14. How often do you blurt out an answer before a question has been completed (e.g., completing another person's sentence or can't wait your turn in a conversation)?	N	R	S	O
15. How often do you feel restless -- like you want to get out and <i>do</i> something?	N	R	S	O
16. How often do you fidget with or tap your hands or feet, or squirm in your seat?	N	R	S	O
17. How often do find yourself talking excessively?	N	R	S	O
18. How often do you interrupt or intrude on others, such as butting into their conversation or taking over what others are doing?	N	R	S	O
19. Were several of the symptoms present prior to age 12?	Yes		No	
20. Do the symptoms appear in at least two or more settings (e.g., at home and school)?	Yes		No	

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Based upon the DSM-5 ADHD criteria and informed by research such as Faraone, et al. (2005). What Is the Prevalence of Adult ADHD? Results of a Population Screen of 966 Adults. *Journal of Attention Disorders*, 9, Kumar, et al. (2011). Screening for attention-deficit/hyperactivity disorder in adult inpatients with psychiatric disorders. *Psychological Reports*, 108, and and the Adult ADHD Self-Report Scale v1.1 Symptom Checklist by the World Health Organization.