



ADHD Assessment

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental disorders to be diagnosed in children today. With early diagnosis and treatment, symptoms can be managed and the impact on daily life minimized. However, if left untreated, ADHD has the potential to cause ongoing damage into adolescence and adulthood.

Knowledge is power, and the best place to start gathering the knowledge you need is with a simple symptoms assessment like the one below.

Instructions: Put a check mark by each item that matches the symptoms that you or your child experiences. When you have answered all of the questions, enter your name and email address to receive your confidential ADHD Assessment report.

	✓
1. The individual does not work to potential in school, receives "not working to potential" teacher comments.	
2. The individual has a short attention span unless very interested in a particular subject.	
3. The individual has a family history of Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, learning problems or substance abuse.	
4. The individual is easily distracted.	
5. The individual lacks attention to detail.	
6. The individual has sloppy handwriting.	
7. The individual has trouble putting thoughts on paper.	
8. The individual has trouble listening carefully to directions.	
9. The individual frequently forgets or misplaces things.	
10. The individual skips around while reading things.	
11. The individual has difficulty learning new games and new skills.	
12. I have begun to neglect my appearance and to do hurtful or illegal things.	
13. The individual has poor listening skills.	
14. The individual transposes letters, numbers, or words.	
15. The individual is restless or in constant motion, is always "on the go."	
16. The individual concentrates better when moving or fidgeting.	



17. The individual has trouble sitting still or sitting in one place too long.	
18. The individual has increased anxiety or nervousness.	
19. The individual has a history of bed wetting beyond the age 5.	
20. The individual has poor communication skills.	
21. The individual lacks tact, often spurring out the first thing that comes to mind.	
22. The individual acts impulsively or dangerously without considering the consequences.	
23. The individual is easily bored.	
24. The individual says things without thinking and later regrets having said them.	
25. The individual starts to answer questions before the questions are fully asked.	
26. The individual is impatient.	
27. The individual has trouble following verbal instructions.	
28. The individual makes careless mistakes in schoolwork.	
29. The individual has a tendency to embarrass others.	
30. The individual lies or steals on impulse.	
31. The individual has trouble maintaining an organized work or living area.	
32. The individual is often late.	
33. The individual procrastinates, especially with multi-faceted tasks.	
34. The individual is easily overwhelmed by everyday tasks.	
35. The individual has trouble getting started.	
36. The individual starts projects but does not finish them.	
37. The individual fails to finish schoolwork or chores.	
38. The individual is inconsistent with school performance.	
38. The individual spends excessive time on homework.	
39. The individual has a tendency to drift away.	
40. The individual has problems with self-esteem.	



41. The individual has a negative attitude.	
42. The individual has trouble maintaining friendships.	
43. The individual acts immature for his or her age.	
44. The individual has trouble expressing thoughts and feelings.	
45. The individual is verbally or physically abusive.	
46. The individual avoids group activities or organized sports.	
47. The individual has a quick temper, is "short-fused."	
48. The individual has rage outbursts.	
49. The individual gets upset by minor annoyances.	
50. The individual is argumentative.	
51. The individual worries needlessly or excessively.	
52. The individual has a tendency toward obsessive behavior.	
53. The individual turns words around in conversations.	
54. The individual performs poorly under pressure.	
55. The individual has difficulty reading unless very interested in the subject.	
56. The individual has difficulty falling asleep.	
57. The individual has difficulty waking up or feeling fully awake.	
58. The individual is frequently tired.	
59. The individual startles easily.	
60. The individual is sensitive to touch, clothes, noise or light.	
61. The individual is more comfortable moving than sitting still.	
62. The individual has moods swings from highs to lows.	
63. The individual has trouble planning a series of tasks or activities.	
64. The individual becomes upset easily - is "thin-skinned."	
65. The individual talks excessively.	



66. The individual fidgets, even when sitting quietly	
67. The individual has difficulty waiting in turn during group activities.	
68. The individual frequently daydreams or "spaces out."	
69. The individual "blanks out" when taking tests or under pressure.	
70. The individual has low frustration tolerance.	
71. The individual has frequent behavior problems in school.	

My Name Is:	
My Email Address Is:	

Look forward to your ADHD Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center