**ADHD QUESTIONNAIRE FOR ADULTS**

This follow is a brief questionnaire for you if you suspect that you may have ADHD. This is only a questionnaire, not a complete diagnostic assessment tool.

1. Does not apply at all
2. This rarely describes me
3. This sometimes describes me
4. This often describes me
5. This very often describes me

Part 1

1. I have difficulty remember appointments or obligations  
   1 2 3 4 5
2. I’m distracted by activity or noise around me  
   1 2 3 4 5
3. I misplace things I need at home or at work  
   1 2 3 4 5
4. I procrastinate from tasks that require a lot of thought  
   1 2 3 4 5
5. I have difficulty getting organized for tasks I need to get started on  
   1 2 3 4 5
6. I have trouble wrapping up the final details of a project once the hard part has been completed  
   1 2 3 4 5
7. I find it difficult to concentrate on what people are saying to me even when they are speaking directly to me.  
   1 2 3 4 5
8. It’s hard to stay focused on tasks that I find boring or repetitive  
   1 2 3 4 5
9. I make careless mistakes when working on a boring project  
   1 2 3 4 5

Score\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Part 2

1. I interrupt others when they are busy  
   1 2 3 4 5
2. It’s difficult for me to wait in turn, even when it is required of me to do so  
   1 2 3 4 5
3. I finish other people’s sentences  
   1 2 3 4 5
4. I will talk too much in social situations or I have been told that I do this  
   1 2 3 4 5
5. I feel overly active or like I was driven by a motor  
   1 2 3 4 5
6. It is difficult to unwind or relax  
   1 2 3 4 5
7. I feel restless or fidgety  
   1 2 3 4 5
8. It is hard to stay in my seat during meetings or other situations when that is expected  
   1 2 3 4 5
9. I fidget or squirm or tap hands and/or feet when I’m supposed to be seating  
   1 2 3 4 5

Score\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ADHD QUESTIONNAIRE FOR ADULTS**

**Scoring:**

**Part 1**

**9-25=** Unlikely to have the Inattentive symptoms of ADHD

**26-35=** Might just have ADHD and have a lot of the symptoms of inattentiveness

**35 and up=** You have several symptoms of the inattentive type of Adult Attentive Deficit Disorder

**Part 2**

**9-25=** Unlikely to have the hyperactive symptoms of ADHD

**26-35=** Might have ADHD and have a lot of symptoms of hyperactivity

**35 and up=** Highly likely to have ADHD, especially the hyperactive type.