

ADHD symptoms checklist – Adult

Inattention

1. Often fails to give close attention to details or makes careless mistakes in their work or activities.
2. Often has difficulty sustaining attention on tasks or work activities
3. Often does not seem to listen when spoken to directly
4. Often does not follow through on instructions and fails to finish work, chores, or duties
5. Often has difficulty organizing tasks and activities
6. Often avoids, dislikes, or reluctantly engages in tasks requiring sustained mental effort
7. Often loses things necessary for activities
8. Often is distracted by extraneous stimuli
9. Often is forgetful in daily activities

Are 5/9 symptoms present in more than one area such as Home and Work?

Hyperactivity

- 1 Often fidgets with hands or feet or squirms in seat
2. Often leaves seat at Work or in other situations which remaining seated is expected
3. Often is excessively active in situations in which it is inappropriate
4. Often has difficulty playing or engaging in leisure activities quietly
5. Often is “on the go” or often acts as if “driven by a motor”
6. Often talks excessively

Impulsivity

7. Often blurts out answers before questions have been completed
8. Often has difficulty awaiting turn
9. Often interrupts or intrudes on others (e.g., butts into conversations/games)

Are 5/9 symptoms present in more than one area such as home and work?

Overall if 5/9 symptoms of either Inattention or hyperactivity/impulsivity are present and were also present in childhood before the age of 12 and are causing problems for the person in more than two settings, for instance in their home or work life. Clear evidence that the symptoms interfere with the quality of social, academic, or occupational functioning. Symptoms should not occur exclusively during the course of schizophrenia or another psychotic disorder, and are not better explained by another mental disorder. Consider a referral to secondary organisations such as Adult mental health services.