

The Office of Leila Rhodes M.D.

Your ADHD Discussion Guide

Visit Date
Last Name
First Name
MI
Date of Birth
Height
Weight

**Note: This checklist is not a diagnostic tool. Having some of the symptoms listed below does not necessarily mean you have ADHD.
 Only a healthcare professional can diagnose ADHD.**

Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, select the option that best describes how you have felt and conducted yourself over the past 6 months.

| Symptoms of inattention in the past 6 months | | None | Mild | Moderate | Severe |
|---|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. | Careless mistakes/lack of attention to details <ul style="list-style-type: none"> ➤ Do you overlook or miss details? ➤ Do you turn in inaccurate work? ➤ Do you make careless mistakes at school, at work or when doing boring or difficult projects? ➤ Do others complain you're careless? ➤ Do you tend to be messy? ➤ Do you have a messy desk or work area, making it hard to find things? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. | Lack of sustained attention <ul style="list-style-type: none"> ➤ Do you have difficulty staying focused during class, lectures, work, conversations, watching movies, reading (do you have to re-read the same passage several times), or during fun activities (such as sports or board games)? ➤ Does it take much longer than it should to complete tasks (including boring and/or repetitive tasks) because you can't keep your mind on the task? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. | Poor listening <ul style="list-style-type: none"> ➤ Does your mind seem elsewhere, even when there isn't an obvious distraction? ➤ Do you have difficulty concentrating on what people say to you, even when they are speaking to you directly? ➤ Do you tend to daydream, missing key parts of discussions? ➤ Does this cause problems for you? ➤ Do people complain you don't listen? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. | Not following through on tasks <ul style="list-style-type: none"> ➤ Do you start tasks (such as work or chores) but quickly lose focus? ➤ Do you get easily distracted? ➤ Do you have trouble finishing final details of a project once the hard parts have been done? ➤ Do you start a new project before completing the one prior? ➤ Do you have trouble following instructions (especially multistep, complex instructions)? ➤ Do you need deadlines or consequences to finish a project? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. | Poor organization <ul style="list-style-type: none"> ➤ Are you messy or disorganized? ➤ Do you have poor time management skills? ➤ Do you miss deadlines? ➤ Is it difficult to prioritize chores or work? ➤ Do you tend to put tasks off until the last minute? ➤ Do you have difficulty getting things in order when you have to do a task that requires organization? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. | Avoids tasks requiring sustained mental effort <ul style="list-style-type: none"> ➤ Do you avoid reports, forms, or reviewing lengthy papers because it's difficult to staying focused on them for a long time? ➤ When you have a task that requires a lot of thought, do you avoid or delay getting started? ➤ Do you procrastinate and put off tasks until the last moment possible? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. | Losing things <ul style="list-style-type: none"> ➤ Do you lose things like your wallet, keys, paperwork, eyeglasses, or phone? ➤ Do you misplace or have difficulty finding important things at home or at work? ➤ Does this cause you trouble? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. | Easily distracted by extraneous stimuli or unrelated thoughts <ul style="list-style-type: none"> ➤ Does your mind wander a lot? ➤ Are you easily distracted by activity or noise around you (such as TV, radio, conversations, movement, clutter, etc.)? ➤ Do you need to be alone without distractions to get work done? ➤ Is it hard for you to get back on task if you stop? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. | Forgetful in daily activities <ul style="list-style-type: none"> ➤ Do you forget to return calls, pay bills, keep appointments or obligations? ➤ Do you forget to bring items to work such as projects due, or material? ➤ Do you forget to do even routine chores / work? ➤ Do you have to write reminders to yourself to do most tasks, so you avoid forgetting them? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| Symptoms of hyperactivity/impulsivity in the past 6 months | | None | Mild | Moderate | Severe |
|---|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. Fidgeting | <ul style="list-style-type: none"> ➤ Do you tap your hands, stomp your feet, tap your pencil, squirm in your seat, or play with your clothing or hair regularly? ➤ Do people notice or ask you to stop fidgeting? ➤ Do you try to resist fidgeting or squirming? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Leaving seat when you're expected to stay seated | <ul style="list-style-type: none"> ➤ Do you have trouble staying seated at work, school or other times that require remaining seated? ➤ Do you have to force yourself to remain in your seat? ➤ Rather than sit, do you walk around? ➤ Do you avoid situations requiring you to sit still for long periods of time? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Excessive running/climbing, or feeling restless | <ul style="list-style-type: none"> ➤ Do you often feel on edge? ➤ Do you feel fidgety or restless (emotionally and/or physically)? ➤ Do you feel irritable when you're not able to exercise on an almost daily basis? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. Difficulty with quiet activities | <ul style="list-style-type: none"> ➤ Do you have trouble working or playing quietly? ➤ Do you have difficulty unwinding and relaxing when you have time to yourself? ➤ Do you need to almost always be busy (even on vacation or after work)? ➤ Do you feel agitated during leisurely activities (reading, playing a board game, listening to music, watching a movie)? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. "On the go" | <ul style="list-style-type: none"> ➤ Do you have difficulty relaxing or slowing down? ➤ Are you unable, or uncomfortable being still for an extended time? ➤ Do others find it difficult to keep up with you? ➤ Are you often "on the go"? ➤ Do you feel overly active and compelled to do things, like you were driven by a motor? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. Excessive talking | <ul style="list-style-type: none"> ➤ Do you catch yourself talking a lot, or more than others? ➤ Is this a problem? ➤ Do you find yourself talking too much when you are in social situations? ➤ Do you talk louder than others you're talking to? ➤ Do people complain about your talking? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. Blurting out answers | <ul style="list-style-type: none"> ➤ In conversations, do you complete people's sentences before they can finish? ➤ In conversations, do you talk before it is your turn and/or interrupt others? ➤ Do you say things that don't relate to the discussion? ➤ Do you often do things without thinking? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. Inability to wait your turn | <ul style="list-style-type: none"> ➤ Do you have trouble waiting your turn (in lines, in conversations, while driving)? ➤ Do you have difficulty waiting your turn in situations when turn taking is required? ➤ Do you put a great deal of planning into avoiding situations where you might have to wait? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. Intrudes/interrupts others | <ul style="list-style-type: none"> ➤ Do you butt into conversations or activities? ➤ Do you use other people's things without asking or take over what others are doing? ➤ Do you interrupt others when they are busy? ➤ Do you interrupt people talking, without waiting until you are acknowledged? ➤ Do you have trouble waiting to get your point across in conversations or at meetings? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |