

ADD / ADHD Checklist*

(Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder)

Circle the numbers of the descriptions that apply:

Inattention

1. Pays little attention to details or makes careless mistakes in schoolwork, work or other activities
2. Has short attention span
3. Does not listen when spoken to directly
4. Does not follow instructions; fails to finish schoolwork, chores or tasks
5. Has difficulty with organization (activities, room, book bag, desk)
6. Avoids or is reluctant to tasks that require sustained mental effort
7. Loses things (such as assignments, books, sneakers, tools)
8. Is easily distracted
9. Is forgetful in daily activities

Total number of inattention items circled

Hyperactivity

1. Fidgets with hands or feet; squirms in seat
2. Leaves seat in classroom when remaining in seat is expected
3. Runs about or climbs excessively at inappropriate times;
(Adolescents or adults may have feelings of "restlessness")
4. Has difficulty participating in "quiet" activities such as reading
5. Acts as if "driven by a motor"
6. Talks excessively

Impulsivity

7. Blurts out answers before questions are completed
8. Darts ahead before thinking of consequences
9. Interrupts others (butts into conversations or games); Has difficulty awaiting turns

Total number of hyperactivity-impulsivity items circled

GRAND TOTAL Professionals will base their diagnosis of ADD/ADHD on these:
6 or more symptoms need to exist in a way that significantly impairs the child or adult in settings BOTH at home and at school or work.

*Adapted from DSM-IV American Psychiatric Association Diagnostic Criteria

Other Challenges

please circle those that apply

- Sleep problems
- Needs immediate gratification
- Socially not accepted or typically plays alone
- Possible inability to play in groups but may do well with one-on-one activities
- Apparent disregard for own safety
- Behavior not usually modified by rewards or punishment
- Has violent tantrums with kicking, screaming, punching, uncontrollable anger
- Failure to meet normal developmental milestones (i.e. speech / coordination)
- Has been evaluated to have other learning disabilities: (please specify)

NAME _____

DATE _____