

ADHD BRIEF ASSESSMENT

Answer the following questions as either "true" – meaning generally true, a fairly common practice, or "false" – meaning that particular practice or habit is one you rarely or never experience. To be diagnosed as ADD (Attention Deficit Disorder) or ADHD (Attention Deficit Hyperactivity Disorder), the habits must be present before the age of seven. Some people do not inherit ADHD but develop ADHD-like symptoms temporarily during a stressful time in their lives. These symptoms will resolve when that stress is dealt with. If you answer five or more of the first ten statements "true" (as a lifelong habit), then you probably inherited some degree of ADD.

1. I sometimes forget appointments and obligations.
2. I tend to misplace or lose things at home, school, or at work.
3. I tend to be somewhat disorganized.
4. I sometimes have difficulty paying attention to what people are saying to me because my mind is thinking about something else.
5. I tend to make careless mistakes when I am doing a boring task or work assignment.
6. I tend to lose attention when I am doing a boring task or work assignment.
7. I tend to put off getting started on boring or difficult tasks.
8. I tend to put off getting started on tasks that require organizing the task first.
9. I tend to only partially complete tasks.
10. I tend to daydream a lot and get easily distracted by noises or activities around me.

If you answer five or more of the following ten statements "true" (lifelong), you probably have inherited some degree of hyperactivity compared to the average person.

1. I tend to interrupt others, even when they are busy.
2. When my friends are talking to me too slowly or pause to search for words, I tend to finish their sentences for them.
3. I tend to be more active than most of my friends, as though a motor inside me was pushing me to stay active.
4. I tend to feel restless.
5. When I have to sit still during meetings, classes, sermons, trips, etc., I tend to fidget (doodle, move my legs, do things with my hands, etc.).
6. I tend to leave my seat when bored during long meetings or classes.
7. I tend to want control of the remote control when watching TV, whether alone or with others, and tend to flip channels to avoid boring advertisements or, simply out of curiosity, to know what is on multiple channels.
8. I tend to be a multi-tasker (someone who, for example, might be watching a TV show and doing a crossword puzzle at the same time, or play video games while having a discussion with family or friends).
9. I tend to hate to wait in lines for my turn in restaurants and other places.
10. I tend to talk more than most of my friends when I am in a social situation.

In summary, five or more "true" answers to the first ten statements implies probable inherited ADD, if lifelong. Five or more "true" answers to the second ten statements implies probable inherited Hyperactivity Disorder, if lifelong. Five or more "true" answers on both sets of questions implies ADHD. Caution: This is just a brief assessment— you should seek the services of a trained professional for a proper assessment to determine if you have ADD or ADHD and to develop an appropriate treatment plan.

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