**ADD/ADHD Self-Assessment**

There are several recognizable symptoms of ADD in both children and adults. This short self-assessment for ADD can help you determine the degree in which you or a loved one show symptoms of Attention Deficit Disorder.

The scale evaluates symptoms which are chronic and pervasive and have persisted for at least six months. This self-assessment is a preliminary guideline only and should not be used to diagnose or treat. Rather you should seek your local licensed mental health profession for assessment and treatment options. Top of Form

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| **Inattention** |  |
| Often fails to give close attention to details or makes careless mistakes in schoolwork work or other activities. |  |
| Often has difficulty sustaining attention. |  |
| Often does not seem to listen when spoken to directly. |  |
| Often does not follow through on instructions or fails to finish tasks. |  |
| Often has difficulty organizing tasks and activities. |  |
| Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework). |  |
| Often loses things necessary for tasks or activities. |  |
| Is often easily distracted by extraneous stimuli. |  |
| Is often forgetful in daily activities. |  |
| If you answered affirmative to **six (6) or more questions** then an*Inattentive Type*of ADD is possible. |  |
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| **Hyperactivity/Impulsivity** |  |
| Often fidgets with hands or feet or squirms in seat. |  |
| Often leaves seat in classroom or in other situations. |  |
| Often runs about or climbs excessively (in adolescents or adults, may be limited to subjective feelings of restlessness). |  |
| Often has difficulty doing things quietly. |  |
| Is often "on the go" or acts as if "driven by a motor". |  |
| Often talks excessively. |  |
| Often blurts out answers before the questions are completed. |  |
| Often has difficulty awaiting turn. |  |
| Often interrupts or intrudes on others. |  |
| If you answered affirmative to **six (6) or more questions** then a *Hyperactivity/Impulsivity Type* of ADD is possible. |  |

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