

ADHD Checklist

By Fae Fisher

- ☐ Inattention (six or more symptoms)
 - ☐ Lacks attention to detail.
 - ☐ Has difficulty putting thoughts on paper.
 - ☐ Skips around while reading.
 - ☐ Makes careless mistakes in schoolwork, work, or other activities.
 - ☐ Has poor concentration and attention when it comes to school work.
 - ☐ Does not seem to listen when spoken to directly.
 - ☐ Does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace.
 - ☐ Has trouble organizing tasks and activities.
 - ☐ Avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as homework).
 - ☐ Loses things necessary for tasks or activities (toys, school assignments, pencils, books, or tools).
 - ☐ Seems disorganized.
 - ☐ Is easily distracted by external stimuli.
 - ☐ Is forgetful in daily activities.
- ☐ Hyperactivity (six or more symptoms)
 - ☐ Fidgets with hands or feet or squirms in seat.
 - ☐ Leaves seat in classroom or in other situations in which remaining seated is expected.
 - ☐ Has trouble sitting still or sitting in one place too long.
 - ☐ Runs about or climbs when and where it is inappropriate.
 - ☐ Acts impulsively or dangerously without considering the consequences.
 - ☐ Has a hard time playing quietly.
 - ☐ Is 'on the go' or acts as if 'driven by a motor'.
 - ☐ Talks excessively.
- ☐ Impulsivity
 - ☐ Starts to answer questions before the questions are fully asked.
 - ☐ Has trouble waiting his or her turn.
 - ☐ Often interrupts or 'butts in' to other's games or conversations.