

Attention Deficit Disorder & Attention Deficit Hyperactivity Disorder

For ADD or ADHD to be diagnosed, usually the symptoms must occur in at least two different settings (like school and home, or work and home), and they must have lasted at least 6 months. Symptoms typically worsen in situations that require sustained attention or mental effort, or that are boring.

Use this quiz to help determine if you need to see a mental health professional for diagnosis and treatment of ADD or ADHD as an adult.

Instructions: Simply answer the questions on how you have behaved and felt during the past 6 months. Take your time and answer truthfully for the most accurate results.

I am a _____ year old Female Male

1. How often do you have difficulty keeping your attention while doing -- and completing -- something for work, school, a hobby, or fun activity?

Never Rarely Sometimes Often

2. How often are you easily distracted by something in your environment, like a noise or another conversation?

Never Rarely Sometimes Often

3. How often do you avoid or delay tasks or work that require a lot of mental effort or thought?

Never Rarely Sometimes Often

4. How often do you have trouble listening to someone, even when they are speaking directly to you?

Never Rarely Sometimes Often

5. How often do you have difficulty in organizing an activity or task needing to get done?

Never Rarely Sometimes Often

6. How often do you make careless mistakes in things such as schoolwork, homework, an activity, or something at work?

Never Rarely Sometimes Often

7. How often do you forget to do something you do all the time, such as missing an appointment or forgetting your lunch?

Never Rarely Sometimes Often

8. How often do you lose, misplace or damage something that you need in order to get things done?

Never Rarely Sometimes Often

9. How often do you have trouble completing your schoolwork, a project, chores or a responsibility at work, once all the challenging or fun parts have been done?

Never Rarely Sometimes Often

10. How often do you feel fidgety, especially when sitting for long periods of time?

Never Rarely Sometimes Often

11. How often do you have difficulty waiting your turn, such as when talking in a conversation?

Never Rarely Sometimes Often

12. How often do you feel like you're "on the go," compelled to do things, or feel like you're "driven by a motor?"

Never Rarely Sometimes Often

13. How often do you feel like you can't sit still (like you want to get out of your seat), especially when in a meeting or in class?

Never Rarely Sometimes Often

14. How often do you begin to answer a question before it's done being asked?

Never Rarely Sometimes Often

15. How often do you feel restless -- like you want to get out and do something?

Never Rarely Sometimes Often

16. How often do you find it difficult to relax, unwind and just spend time quietly with yourself?

Never Rarely Sometimes Often

17. How often do find yourself talking too much to others?

Never Rarely Sometimes Often

18. How often do you interrupt others, or butt into their conversations?

Never Rarely Sometimes Often

Scoring: Give 0 to “Never”, 1 to “Rarely”, 2 to “Sometimes” and 3 to “Often”

Scoring key: If you scored..... You may have

36 & up:	Adult ADHD
17-35:	Moderate ADHD
12-16	Mild ADHD
8-11	Possible ADHD
0-7	No ADHD likely