

Attention-Deficit/Hyperactivity Disorder (ADHD) Symptom Checklist

The symptoms of ADHD can be separated into two broad categories: Inattentive symptoms and Hyperactive/Impulsive symptoms. You may fall predominantly into one category or have symptoms from both categories.

Instructions:

Read each sentence below and put a checkmark next to the symptoms that you think best represent your behaviors for the last six months, at least. Show this completed form to your Primary Care Provider or Behavioral Health Specialist for further discussion.

✓	Inattention
	You frequently do not pay close attention to details or you make careless mistakes on tasks.
	You frequently lose focus during prolonged tasks or activities.
	You frequently zone out or fail to listen well when others are talking to you.
	You frequently start tasks or projects but do not complete them.
	You frequently have difficulty with organization and time management.
	You frequently dislike or avoid tasks or activities that require prolonged mental effort.
	You frequently lose things that are needed to complete tasks or projects.
	You are frequently easily distracted.
	You are frequently forgetful.
✓	Hyperactivity/Impulsivity
	You frequently have difficulty sitting still and feel fidgety.
	You frequently leave your seat even though it is expected that you stay seated.
	You frequently feel restless or move around during inopportune times.
	You frequently have difficulty engaging in leisurely activities quietly.
	You frequently feel the need to be “on the go” or feel uncomfortable being still for prolonged periods.
	You frequently talk excessively.
	You frequently blurt out answers before the question has been finished or complete other people’s sentences.
	You frequently have difficulty waiting your turn.
	You frequently interrupt others or intrude on conversations or activities.

Adapted from the Diagnostic and Statistical Manual, 5th Edition, American Psychiatric Association (2013).

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