

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.