

Are you living with Adult ADD?

The following questionnaire can be used as a starting point to help you recognize the signs/symptoms of adult ADD but is not meant to replace consultation with a trained healthcare professional. An accurate diagnosis can only be made through a clinical evaluation.

Adult Screen For ADD or AD/HD (Check each of the following statements that apply to you)

- I have difficulty getting organized.
- When given a task, I usually procrastinate rather than doing it right away.
- I work on a lot of projects, but can't seem to complete most of them.
- I tend to make decisions and act on them impulsively- like spending money, getting sexually involved with someone, diving into new activities, and changing plans.
- I get bored easily.
- No matter how much I do or how hard I try, I just can't seem to reach my goals.
- I often get distracted when people are talking; I just tune out or drift off.
- I get so wrapped up in some things I do that I can hardly stop to take a break or switch to doing something else.
- I tend to overdo things even when they're not good for me -- like compulsive shopping, drinking too much, overworking, and overeating.
- I get frustrated easily and I get impatient when things are going too slowly.
- My self-esteem is not as high as that of others I know.
- I need a lot of stimulation from things like action movies and video games, new purchases, being among lively friends, driving fast or engaging in extreme sports.
- I tend to say or do things without thinking, and sometimes that gets me into trouble.
- I'd rather do things my own way than follow the rules and procedures of others.
- I often find myself tapping a pencil, swinging my leg, or doing something else to work off nervous energy.
- I can feel suddenly depressed when I'm separated from people, projects or things that I like to be involved with.
- I see myself differently than others see me, and when someone gets angry with me for doing something that upset them I'm often very surprised.
- Even though I worry a lot about dangerous things that are unlikely to happen to me, I tend to be careless and accident prone.
- Even though I have a lot of fears, people would describe me as a risk taker.
- I make a lot of careless mistakes.
- I have blood relatives who suffer from ADD, depression, bipolar disorder, or substance abuse.

If you answered yes to 15 of these questions, it is likely that you have ADD and you may want to fill out the "long version" Adult ADD/ADHD screen. However, you can still have ADD even if you answered yes to fewer than 15 of these questions. Regardless of your results, if you have any questions or concerns and would like to come talk about them please contact me for a consultation.