

Adult ADD Symptom Checklist
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Name of the Person Being Rated: _____ **Rater:** _____

In conjunction with other diagnostic techniques, Dr. Amen says he, "uses the following general adult ADD checklist to help further define ADD symptoms." Read the list of behaviors and rate yourself (or the person you have been asked to rate) on each behavior listed. Place a check a check-mark in the box which fits best.

Past History	Never	Rarely	Some-times	Often	Very Often
History of ADD symptoms in childhood (distractibility, impulsivity, restlessness, attention problems)					
History of not living up to one's potential in school or work (reports cards with such comments, etc.)					
History of frequent behavior problems at school (mostly for males)					
History of bedwetting past age 5					
Family history of ADD, learning problems, mood disorders, or substance abuse problems					
				Total	

Short Attention Span/Distractibility	Never	Rarely	Some-times	Often	Very Often
Short attention span, unless very interested in something					
Easily distracted, tendency to drift away (although at times can be hyperfocused)					
Lacks attention to detail, due to distractibility					
Trouble listening carefully to directions					
Frequently misplaces things					
Skips around while reading, or goes to the end first, trouble staying on task					
Difficulty learning new games, because it's hard to stay on track during directions					
Easily distracted during sex, causing frequent breaks or turn-offs during lovemaking					
Poor listening skills					
Tendency to be easily bored (tunes out)					
				Total	

Restlessness	Never	Rarely	Some-times	Often	Very Often
Restlessness					
Has to be moving in order to think					
Trouble sitting still, such as trouble sitting in one place for too long/sitting at a desk job long periods					
An internal sense of anxiety or nervousness					
				Total	

Impulsivity	Never	Rarely	Some- times	Often	Very Often
Impulsive, in words and/or actions (actions)					
Say what comes to mind without considering it's impact (tactless)					
Trouble going through established channels/procedures, attitude of "read the directions when all else fails"					
Impatient, low frustration tolerance					
A prisoner of the moment					
Frequent traffic violations					
Frequent, impulsive job changes					
Tendency to embarrass others					
Lying or stealing on impulse					
Total					

Poor Organization	Never	Rarely	Some- times	Often	Very Often
Poor organization and planning, trouble maintaining an organized work/living area					
Chronically late or chronically in a hurry					
Often have piles of stuff					
Easily overwhelmed by the tasks of daily living					
Poor financial management (late bills, checkbook a mess, spending unnecessary money on late fees)					
Total					

Problems Getting Started and Following Through	Never	Rarely	Some- times	Often	Very Often
Chronic procrastination or trouble getting started (on required tasks especially)					
Starting projects but not finishing them, poor follow through					
Enthusiastic beginnings but poor endings					
Spends excessive time at work because of inefficiencies					
Inconsistent work performance					
Total					

Negative Internal Feelings	Never	Rarely	Some- times	Often	Very Often
Chronic sense of underachievement, feeling you should be much further along					
Chronic problems with self-esteem					
Sense of impending doom					
Mood swings					
Negativity					
Frequent feeling of demoralization					
Total					

Relational Difficulties	Never	Rarely	Some- times	Often	Very Often
Trouble sustaining friendships or intimate relationships, promiscuity					
Trouble with intimacy (emotional intimacy– getting close to another)					
Tendency to be immature					
Self-centered, immature interests					
Failure to see others' needs or activities as important					
Lack of talking in a relationship					
Verbally abusive to others					
Prone to hysterical outbursts					
Avoids group activities					
Trouble with authority					
Total					

Frequent Search for High Stimulation	Never	Rarely	Some- times	Often	Very Often
Frequent search for high stimulation (new, fun, interesting, gambling, do many things at once)					
Tendency to seek conflict, be argumentative, start disagreements– maybe for the fun of it					
Total					

Short Fuse	Never	Rarely	Some- times	Often	Very Often
Quick responses to slights that are real or imagined					
Rage outbursts, short fuse					
Total					

Tendency to Get Stuck (Thoughts or Behaviors)	Never	Rarely	Some- times	Often	Very Often
Tendency to worry– needlessly– maybe endlessly					
Tendency towards addictions (food, alcohol, drugs, work, sex, porn, smoke, gamble, etc.)					
Total					

Switches Things Around	Never	Rarely	Some- times	Often	Very Often
Switches around numbers, letters or words					
Turn words around in conversations					
Total					

Writing/Fine Motor Coordination Difficulties	Never	Rarely	Some- times	Often	Very Often
Poor writing skills (hard to get information from brain to pen)					
Poor handwriting, often prints					
Coordination Difficulties					
Total					

The Harder I Try, The Worse it Gets	Never	Rarely	Some- times	Often	Very Often
Performance becomes harder under pressure					
Test anxiety, or during tests your mind tends to go blank					
The harder you try, the worse it gets					
Work or schoolwork deteriorates under pressure					
Tendency to turn off or become stuck when asked questions in social situations					
Falls asleep or becomes tired when reading					
				Total	

Sleep/Wake Difficulties	Never	Rarely	Some- times	Often	Very Often
Difficulty falling asleep– maybe due to too many thoughts at night					
Difficulty coming awake (may need coffee or other stimulant or activity before fully awake)					
				Total	

Low Energy	Never	Rarely	Some- times	Often	Very Often
Periods of low energy especially in the early morning or afternoon					
Frequently feeling tired					
				Total	

Sensitive to Noise or Touch	Never	Rarely	Some- times	Often	Very Often
Startles easily					
Sensitive to touch, noise, clothes, or light					
				Total	

Count the number of items in each category you have scored either "Often" or "Very Often"- Note this in the total box of each category. Then total the amount of items overall with a score of "Often" or "Very Often" is noted below.

Overall Total: **Is This Total Greater Than 20?** **Yes** **No**

**Is There a Childhood History
of ADD/ADHD Symptoms Such
As Impulsivity, Distractability,
Inattention, Restlessness?** **Yes** **No**

Please Feel Free to Make Any Additional Comments: