## Attention-Deficit/Hyperactivity (ADHD) Symptom Checklist

In order for a diagnosis of ADHD to be made, a child must demonstrate several symptoms of either impulsivity/hyperactivity or inattentiveness or both for six or more months. The symptoms also need to occur in two or more settings (i.e. school and home). Tracking behavior for a short period of time is often helpful for your child's healthcare provider in making an accurate diagnosis. This checklist is a simple tool to assist you in talking with your child's healthcare provider. Simply check yes or no next to each item on the checklist. There are also numerous checklists available on the Internet.

## **Impulsivity**

1.	Often blurts out answers before questions have been completed.	yes yes	🗌 no
2.	Often interrupts.	yes	🗌 no
3.	Often has difficulty taking turns.	yes	🗌 no

## **Hyperactivity**

- 1. **Often** talks excessively.
- 2. Often squirms or fidgets feet or hands when seated.
- 3. **Often** has difficulty playing quietly.
- 4. Often will leave situations or classrooms when supposed to stay seated.
- 5. **Often** runs or climbs excessively.
- 6. **Often** seems to be "on the go."

## **Inattention**

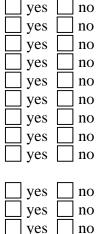
- 1. **Often** fails to pay attention to details or makes careless mistakes.
- 2. Often has difficulty in focusing on one task or completing it.
- 3. **Often** is forgetful in daily activities.
- 4. **Often** is easily distracted.
- 5. Often does not seem to listen.
- 6. **Often** has difficulty organizing.
- 7. Often avoids or dislikes tasks requiring long mental focus.
- 8. Often misplaces or loses items.
- 9. Often does not follow through with instructions.

Have the checked symptoms/behaviors been present for six or more months?
Do these symptoms/behaviors cause difficulty or are they disruptive?
Are the symptoms/behaviors present in more than one setting?
Were these symptoms present before the age of seven?

If yes was checked in six or more items and the answer is yes to each of the above four questions, an evaluation with a healthcare provider may be indicated. It might be helpful to bring this checklist to your child's appointment with his/her healthcare provider.

<u>Source</u>: American Psychiatric Association: *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition, Text Revision. Washington, DC, American Psychiatric Association, 2000.

yes	no
yes	no
ves	no



yes

no