

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 no
2. **Often** interrupts. yes no
3. **Often** has difficulty taking turns. yes no

Hyperactivity

1. **Often** talks excessively. yes no
2. **Often** squirms or fidgets feet or hands when seated. yes no
3. **Often** has difficulty playing quietly. yes no
4. **Often** will leave situations or classrooms when supposed to stay seated. yes no
5. **Often** runs or climbs excessively. yes no
6. **Often** seems to be "on the go." yes no

Inattention

1. **Often** fails to pay attention to details or makes careless mistakes. yes no
2. **Often** has difficulty in focusing on one task or completing it. yes no
3. **Often** is forgetful in daily activities. yes no
4. **Often** is easily distracted. yes no
5. **Often** does not seem to listen. yes no
6. **Often** has difficulty organizing. yes no
7. **Often** avoids or dislikes tasks requiring long mental focus. yes no
8. **Often** misplaces or loses items. yes no
9. **Often** does not follow through with instructions. yes no

- Have the checked symptoms/behaviors been present for six or more months? yes no
- Do these symptoms/behaviors cause difficulty or are they disruptive? yes no
- Are the symptoms/behaviors present in more than one setting? yes no
- Were these symptoms present before the age of seven? yes no

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.

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