

ADD/ADHD INVENTORY

Name _____ Date Completed _____ Score _____

Instructions: Using the codes below, mark each item to show how much that feeling or behavior has been a problem within the past month.

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|--------------------------|--------------------------|
| 0. Not at all a problem | 2. Pretty much a problem |
| 1. Just a little problem | 3. Very much a problem |
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Score:

- _____ 1. When listening in a meeting, lecture or conversation, your mind repeatedly drifts off or loses focus, missing cues or information you want to get.
- _____ 2. Excessive difficulty getting started on tasks (paperwork, contacting people).
- _____ 3. Feels excessively stressed or overwhelmed by tasks which should be manageable, e.g. "There's no way I can possibly do this now!" when it's not really that bad.
- _____ 4. Involuntary "spacing out" occurs intermittently when reading.
- _____ 5. Easily "sidetracked", disrupts a task in process and switches to doing something else which is less important.
- _____ 6. When reading, loses track of what has just been read so needs to read it again.
- _____ 7. Excessively forgetful about what has been said, done or heard in the past 24 hours.
- _____ 8. Easily loses track of the main point in reading books, newspapers or reports.
- _____ 9. Easily frustrated, excessively impatient.
- _____ 10. When presented with many things to do, has difficulty setting reasonable priorities and then getting started on what needs to be done.
- _____ 11. Procrastinates excessively; keeps putting things off.
- _____ 12. Feels sleepy or fatigued even after having had adequate rest.
- _____ 13. Disorganized, has excessive difficulty keeping track of plans, money or time.
- _____ 14. Unable to complete tasks in allotted time; needs extra time to finish adequately.
- _____ 15. Forgets things intended to be done (turn off appliances, get things at store, return phone calls, keep appointments, pay bills, do assignments, etc.).
- _____ 16. Criticized by others or by self for being "lazy".
- _____ 17. Inconsistent quality of work; performance quite variable; slacks off unless "pressure" is on.
- _____ 18. Sensitive to criticism from others; feels it deeply or for a long time, or gets overly defensive.

- _____ 19. Tends to be slow to react or get started; sluggish or slow-moving, doesn't jump right into things.
- _____ 20. Easily irritated, "short-fused", has sudden outbursts of anger.
- _____ 21. Excessively rigid or perfectionistic, has to keep things "just so".
- _____ 22. Criticized by others for "not working up to potential".
- _____ 23. Gets "lost" in daydreaming, preoccupied with own thoughts.
- _____ 24. Has difficulty expressing anger appropriately to others; doesn't stand up for self.
- _____ 25. Effort fades quickly, "runs out of steam", doesn't follow through.
- _____ 26. Easily distracted from task by background noises or activities, needs to check out whatever else is going on.
- _____ 27. Hard to wake up in the morning.
- _____ 28. When writing, has to erase or start over repeatedly because of minor mistakes.
- _____ 29. Mood is discouraged, depressed or "down".
- _____ 30. Tends to be shy, a loner among peers, keeps to self socially.
- _____ 31. Appears apathetic or unmotivated.
- _____ 32. Stares off into space; seems "out of it".
- _____ 33. When writing, omits or misplaces words or letters.
- _____ 34. Penmanship is sloppy, hard to read.
- _____ 35. Forgets to bring or loses track of items needed. (keys, pencils, bills, paperwork).
- _____ 36. Others complain because you do not appear to be listening.
- _____ 37. Needs to be reminded by others to get started or to keep working on tasks which need to be done.
- _____ 38. Has difficulty memorizing (names, dates, information at work).
- _____ 39. Misunderstands directions for assignments, completion of forms, etc.
- _____ 40. Starts tasks, (e.g. paperwork, chores) but doesn't finish them completely.