Mark any symptoms you’ve experienced regularly for at least 6 months. Discuss them with your doctor and explain how they’ve been impacting you.

This checklist is derived from American Psychiatric Association diagnostic criteria to help you and your healthcare provider find out if Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms may be present in your life, when, and where.

**Note:** This checklist is not a diagnostic tool. Having some of the symptoms listed below does not necessarily mean you have ADHD. Only a healthcare professional can diagnose ADHD.

### Symptoms of inattention in the past 6 months

**1. Careless mistakes/lack of attention to details**
   Do you overlook or miss details? Turn in inaccurate work?

**2. Lack of sustained attention**
   Do you have difficulty staying focused during class, conversations, or lengthy readings?

**3. Poor listening**
   Does your mind seem elsewhere, even when there isn’t an obvious distraction?

**4. Not following through on tasks**
   Do you start tasks but quickly lose focus? Get easily sidetracked?

**5. Poor organization**
   Are you messy or disorganized? Do you have poor time management skills? Do you miss deadlines?

**6. Avoids tasks requiring sustained mental effort**
   Rather not prepare reports, complete forms, or review lengthy papers?

**7. Losing things**
   Do things like your wallet, keys, paperwork, eyeglasses, or phone go missing?

**8. Easily distracted by extraneous stimuli or unrelated thoughts**
   Does your mind wander a lot?

**9. Forgetful in daily activities**
   Do you forget to return calls, pay bills, or keep appointments?
Your ADHD Discussion Guide (continued)

Symptoms of hyperactivity/impulsivity in the past 6 months

1. **Fidgeting**
   Do you tap your hands, stomp your feet, or squirm in your seat?

2. **Leaving seat when you’re expected to stay seated**
   Do you have trouble staying seated at work or in other situations that require remaining seated?

3. **Excessive running/climbing, or feeling restless**
   Do you often feel on edge?

4. **Difficulty with quiet activities**
   Is it hard for you to get through a presentation or movie?

5. **“On the go”**
   Are you unable, or uncomfortable being still for an extended time?
   Do others find it difficult to keep up with you?

6. **Excessive talking**
   Do you catch yourself doing more than your fair share of chatting?

7. **Blurtling out answers**
   Do you complete people’s sentences and interrupt in conversations?

8. **Inability to wait your turn**
   Have trouble waiting in line?

9. **Intrusive**
   Do you butt into conversations or activities? Use other people’s things without asking? Take over what others are doing?

Ask your doctor questions about ADHD

- What is ADHD?
- How do I know I have ADHD and not something else?
- How can ADHD symptoms change over time?
- Do ADHD treatments cure ADHD?
- What are the most common side effects of ADHD medications?