

Adult ADD/ADHD Self Test

The following self test has been developed to assist adults in determining if they may be experiencing symptoms related to ADD / ADHD. This is only a preliminary questionnaire and should not be used to diagnose or treat any condition, disorder or disease.

1. Do you find it difficult to concentrate on completing tasks, leaving projects before they are finished because of a wandering mind?

- Yes
 No

2. Do you have trouble concentrating on reading material that is uninteresting or difficult to read?

- Yes
 No

3. Do you say things without thinking, sometimes regretting them later?

- Yes
 No

4. Do you often make decisions quickly without pausing to consider their possible outcomes?

- Yes
 No

5. Do you experience mood swings, from highs to lows?

- Yes
 No

6. Do you have trouble efficiently planning your time and deciding the order in which to perform tasks?

- Yes
 No

7. Are you more comfortable when you're moving around than you are when sitting still?

- Yes
 No

8. Is it hard for you to be patient when participating in group activities?

- Yes
 No

9. Do you often work on several projects at once and have trouble seeing them through to completion?

- Yes
 No

10. Do you often have trouble refraining from daydreaming or letting your mind wander?

- Yes
 No

11. Does it feel as if there is a lot of "noise" in your head or your mind is constantly going, shooting from one idea to the next?

- Yes
 No

12. Do you have trouble concentrating in situations where there is a lot of external stimuli present?

- Yes
 No

13. Do you get easily upset over minor occurrences?

- Yes
 No

14. Do you have difficulty following what is said in conversations?

- Yes
 No

15. Do you experience these things at a level that impairs your ability to function productively?

- Yes
 No