

Teen ADD/ADHD Self Test

The following ADD / ADHD self test has been developed to assist you in helping to determine if your teen may be experiencing symptoms related to Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder. This is only a preliminary questionnaire and should not be used to diagnose or treat any condition, disorder or disease.

1. Does your teen have trouble keeping up with schoolwork because of poor organization and difficulty keeping track of due dates?

- Yes
- No

2. Do they have a tendency to jump from one topic to another in conversation?

- Yes
- No

3. Does your teen often interrupt others while they're still speaking?

- Yes
- No

4. Do they seem to "space out" often or appear to not be paying attention?

- Yes
- No

5. Does your teen have a tendency to lose things unusually often?

- Yes
- No

6. Does it seem to take them noticeably longer than others to finish even simple tasks or assignments?

- Yes
- No

7. Do they fidget a lot or have noticeable trouble sitting still?

- Yes
- No

8. Do they often forget to do things that you've asked them to do?

- Yes
- No

9. Do they often have to stay up the night before a test to study because they've put it off until the last minute?

- Yes
- No

10. Do they seem bright in conversation but have a hard time maintaining satisfactory grades in school?

- Yes
- No