

ATTENTION DEFICIT DISORDER QUESTIONNAIRE

1. FILL OUT THE FOLLOWING QUESTIONNAIRE TO THE BEST OF YOUR ABILITY. FEEL FREE TO WRITE NOTES NEXT TO ANY ITEM IF YOU THINK THAT THE CATEGORY OR CHOICES DO NOT DESCRIBE YOUR SITUATION CLEARLY ENOUGH OR IF YOU WISH TO ELABORATE. THERE ALSO IS SPACE FOR NOTES AT THE END.

THE FOLLOWING KEY EXPLAINS WHAT EACH ANSWER MEANS:

OFTEN	VERY MUCH DESCRIBES YOU AND IS A <u>CONTINUING PROBLEM.</u>
LESS THAN BEFORE	STILL DESCRIBES YOU, BUT HAS IMPROVED WITH TIME AND EFFORT.
NOT OFTEN	HAPPENS OCCASIONALLY, BUT IS NOT A MAJOR PART OF YOUR PERSONALITY.
RARELY OR NEVER	DOES NOT APPLY TO YOU OR HAS OCCURRED ONLY VERY RARELY.

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
1. STARTS, BUT DOES NOT COMPLETE, TASKS.				
2. APPEARS NOT TO BE LISTENING WHEN SPOKEN TO.				
3. IS VERY DISTRACTIBLE BY WHATEVER IS GOING ON AROUND, e.g. SIGHTS, SOUNDS, SMELLS, ETC.				
4. BECOMES BORED EASILY.				
5. HAS DIFFICULTY STICKING TO TASKS FOR EXTENDED PERIOD OF TIME.				
6. SHIFTS EXCESSIVELY FROM ONE ACTIVITY TO ANOTHER.				
7. EASILY ENGAGES IN MORE THAN ONE ACTIVITY AT A TIME WHENEVER POSSIBLE.				
8. HAS A TENDENCY TO DAYDREAM OR "DRIFT OFF" INTO ONE'S OWN WORLD.				
9. TENDS TO ALLOW SMALL, UNFINISHED TASKS TO DISTRACT ONE AWAY FROM MAIN TASK AT HAND.				
10. SWITCHES TV OR RADIO STATIONS CONSTANTLY.				
11. HAS LITTLE PROBLEM STICKING TO PERSONALLY CHOSEN ACTIVITIES.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
12. IS ABLE TO THINK CLEARLY AND TAKE CHARGE IN EMERGENCIES. CHARGES INTO ACTION EVEN WHEN OTHERS ARE TOO PARALYZED TO DO ANYTHING.				
13. DEVELOPS INTENSE, PASSIONATE INTERESTS, BUT IS NOT ALWAYS ABLE TO SUSTAIN THEM, DESPITE MAJOR INVESTMENT OF TIME AND/OR MONEY.				
14. CONSTANTLY LOOKS FOR NEW, EXCITING INTERESTS, CHALLENGES, SITUATIONS.				
15. BECOMES TOTALLY FOCUSED AND IMMERSSED IN A MOVIE, BOOK, OR OTHER PERSONALLY CHOSEN ACTIVITY.				
16. THOUGH FORGETFUL ABOUT SOME THINGS, ABLE TO REMEMBER IN GREAT DETAIL DIALOGUE FROM PLAYS, MOVIES, BOOKS, ETC.				
17. INITIALLY EXCITED ABOUT AN IDEA OR PROJECT, BUT DOES NOT FOLLOW THROUGH AND COMPLETE IT.				
18. BECOMES SLEEPY DOING TEDIOUS, BORING, OR OVERWHELMING TASKS.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
19. SPEAKS OR ACTS BEFORE THINKING.				
20. EXPRESSES FEELINGS TOO DIRECTLY OR BLUNTLY.				
21. MAKES RAPID DECISIONS, EVEN MAJOR ONES, WITHOUT CAREFUL PLANNING OR CONSIDERATION OF THE LONG-TERM CONSEQUENCES.				
22. SPEAKS WITHOUT FIRST CONSIDERING THE CONSEQUENCES, ESPECIALLY OTHERS' REACTIONS.				
23. SAYS WHAT HE OR SHE TRULY BELIEVES, EVEN IF THE IDEAS EXPRESSED ARE UNPOPULAR.				
24. JUMPS INTO SOMETHING NEW WITHOUT FIRST READING INSTRUCTIONS OR CHECKING DIRECTIONS.				
25. HAS DIFFICULTY GETTING AND STAYING ORGANIZED.				
26. FUNCTIONS BETTER WHEN HAVING A SCHEDULE.				
27. BENEFITS FROM A STRUCTURED ENVIRONMENT, AS LONG AS IT IS NOT TOO HARSH.				
28. IS FORGETFUL. MISPLACES ITEMS, SOMETIMES RESULTING IN A FRANTIC SEARCH.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
29. HAS DIFFICULTY MAKING DECISIONS WHEN GIVEN TOO MANY CHOICES.				
30. MUST MAKE LISTS TO REMEMBER THINGS TO DO AND APPOINTMENTS TO KEEP.				
31. FORGETS TASKS, WHY ONE WALKED INTO A ROOM, OR WHAT ONE WAS ABOUT TO SAY.				
32. MAY CALL OR TALK OUT, INTERRUPTING CLASSES AND CONVERSATIONS. HAS DIFFICULTY WAITING ONE'S TURN TO TALK.				
33. BECOMES RESTLESS AND FIDGETY WAITING IN LINE.				
34. FEELS IMPATIENT.				
35. SEEMS TO BE ON THE MOVE, ON THE GO, MOST OF THE TIME.				
36. HAS DIFFICULTY SITTING STILL OR STAYING SEATED; NEEDS TO MOVE AROUND.				
37. MOVES ABOUT EXCESSIVELY DURING SLEEP.				
38. DISLIKES ACTIVITIES CALLING FOR PASSIVE LISTENING, SUCH AS MEETINGS, AND LECTURES.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
39. ANNOYED BY PAPERWORK THAT SEEMS BORING AND TIME CONSUMING.				
40. BECOMES MORE FOCUSED BY DISCHARGING PENT-UP ENERGY WITH PHYSICAL ACTIVITY OR EXERCISE.				
41. DISLIKES STAYING IN A CONFINED SPACE (e.g. AT A DESK), UNABLE TO MOVE AROUND OR DISCHARGE ENERGY.				
42. GETS ANNOYED WITH PEOPLE WHO DON'T GET TO THE POINT QUICKLY.				
43. PREFERS TO STUDY AND DO DEMANDING TASKS AT NIGHT WITH FEWER DISTRACTIONS.				
44. IS HELPED TO FOCUS BY PRESENCE OF BACKGROUND MUSIC, RADIO, OR TV.				
45. HAS PROBLEM FINDING COMFORTABLE CLOTHES; EASILY IRRITATED BY CLOTHING'S FEEL.				
46. HAS PROBLEMS FINDING COMFORTABLE BEDCLOTHES, SHEETS, AND BLANKETS.				
47. HAS PROBLEMS GIVING/RECEIVING PHYSICAL SOOTHING, HOLDING.				
48. IS EMPATHIC; IS ABLE TO SENSE OTHERS' FEELINGS AND PROBLEMS.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
49. HAS OWN STYLE OF THINKING AND ARRIVING AT CONCLUSIONS.				
50. IS A CREATIVE, ORIGINAL THINKER.				
51. HAS VIVID IMAGINATION; CAN THINK UP NEW IDEAS VERY EASILY.				
52. INTUITIVE—ABLE TO FEEL OR SENSE THE TRUTH ABOUT PEOPLE AND SITUATIONS.				
53. HAS DIFFICULTY GETTING IDEAS ACROSS TO OTHERS BECAUSE THEY DO NOT SEEM TO THINK THE SAME WAY.				
54. IS ABLE TO GRASP THE ESSENCE OF A SITUATION OR PROBLEM; ABLE TO GET THE BIG PICTURE MORE EASILY THAN MANY PEOPLE.				
56. NEEDS TO PLEASE OTHERS; FINDS DIFFICULTY IN SAYING NO.				
57. TENDS TO BLAME OTHERS WHEN FRUSTRATED.				
58. THINKS OF JOKES EASILY, LIKE A STAND-UP COMIC. MAY HAVE BEEN CLASS CLOWN.				
59. HAS AUTOMATIC RESISTANCE TO BEING TOLD WHAT TO DO.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
60. ESPECIALLY DISLIKES BEING TOLD WHAT TO DO.				
61. PROCRASTINATES; PUTS OFF NECESSARY WORK OR TASKS.				
62. DOES NOT LOOK FORWARD TO SOCIAL GATHERINGS THAT CALL FOR "SMALL TALK" AND INTERACTING WITH STRANGERS OR CASUAL ACQUAINTANCES.				
63. DISLIKES SUPERFICIAL INTERACTIONS OR SITUATIONS—NEEDS MORE INTENSE ACTIVITIES AND INPUTS.				
64. MAY FEEL OVERWHELMED BY SCHOOL, WORK, SOCIAL SITUATIONS, AND OTHER DEMANDS OF DAILY LIVING.				
65. TENDS TO CHOOSE SIGNIFICANT OTHER WHO CAN TAKE ON THE ROLE OF SCHEDULER, ORGANIZER, OR SECRETARY.				
66. MAY OVERUSE ALCOHOL OR OTHER SUBSTANCES WITH ABUSE POTENTIAL.				
67. GETS FRUSTRATED EASILY, EVEN WITH SMALL THINGS.				
68. FRUSTRATION SPREADS, CAUSING TEMPORARY WITHDRAWAL OF ALL EFFORTS, AS IF PARALYZED AND UNABLE TO DO ANYTHING.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
69. HAS PROBLEMS WITH READING, BOTH SPEED AND COMPREHENSION. MAY READ SLOWLY.				
70. IS DISTRACTIBLE WHEN READING TEDIOUS MATERIAL; FORGETS WHAT WAS JUST READ.				
71. HAS DIFFICULTY STAYING ON TASK IN DEMANDING LEARNING SITUATIONS OR WHEN DOING BUSY WORK.				
72. FEELS THAT HE/SHE HAS NOT ACHIEVED AS MUCH AS FRIENDS, SIBLINGS, OR OTHERS.				
73. BELITTLES SELF AND ASSUMES THAT OTHER PEOPLE ARE BETTER.				
74. IS PERFECTIONISTIC AND OVERLY CRITICAL OF HIS/HER OWN ACCOMPLISHMENTS.				
75. IS SEEN BY PARENTS, TEACHERS, SUPERVISORS, OR SELF AS AN UNDERACHIEVER.				
76. HAS BEEN CALLED LAZY OR STUBBORN AND TOLD TO JUST TRY HARDER.				
77. MIGHT HAVE BEEN CALLED DREAMY, DISRUPTIVE, ANNOYING, IMPULSIVE, OR NAUGHTY WHEN YOUNGER.				
78. MAY SAVE/STORE ALMOST EVERYTHING. DIFFICULTY THROWING THINGS OUT, THINKING THEY MIGHT BE NEEDED LATER.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
79. MESSY; ALWAYS NEEDS TO CLEAN OUT DESK, ROOM, CAR, ETC. PACK-RAT TENDENCIES.				
80. ACQUIRES MAGAZINES AND BOOKS, BUT DOES NOT ALWAYS GET AROUND TO READING THEM.				
81. HAS PROBLEMS WITH TIME MANAGEMENT.				
82. TENDS TO GET INVOLVED IN UNPLANNED, SPONTANEOUS, PROLONGED CONVERSATIONS, USING UP VALUABLE TIME NEEDED FOR OTHER TASKS.				
83. HAS TROUBLE PRIORITIZING—DECIDING WHAT TO DO FIRST, SECOND, THIRD, ETC.--WHEN CONFRONTED WITH MANY THINGS TO DO.				
84. RUNS LATE, IS RUSHED OR UNPREPARED.				
85. CAN BECOME PREOCCUPIED WITH SOMETHING STRONGLY DESIRED, THINKING ABOUT IT CONSTANTLY UNTIL IT IS OBTAINED. SOON AFTER, FINDS A NEW QUEST, WHICH SETS OFF THE SAME ZEAL AND PASSION.				
86. AT TIMES, BRAIN SEEMS LIKE IT DOES NOT HAVE AN “OFF” SWITCH; CAN’T SHUT OFF THOUGHTS, EVEN FOR A MINUTE.				
87. WORRIES AND OBSESSES				
88. HAS DIFFICULTY RELAXING, LETTING GO; FEELS GUILTY WHEN NOT BEING PRODUCTIVE.				

HOW MUCH DOES EACH OF THE FOLLOWING RELATE TO YOU?	OFTEN	LESS THAN BEFORE	NOT OFTEN	RARELY OR NEVER
89. HAS DIFFICULTY KEEPING ANGER/ TEMPER UNDER CONTROL.				
90. DISLIKES AND/OR DOES NOT DO WELL IN MATHEMATICS, ESPECIALLY ALGEBRA.				
91. HAS TALENT IN AREAS SUCH AS ART, DRAWING, MUSIC, AND/OR CREATIVE WRITING.				
92. IS A VISUAL LEARNER—NEEDS VISUAL INPUT TO HELP UNDERSTAND SUBJECTS BETTER.				
93. GETS DEPRESSED EASILY—CAN GET INTO A “DOWN” MOOD.				
94. DOES NOT FIT IN EASILY TO THE TYPICAL SCHOOL OR WORK SITUATION.				
95. FEELS DIFFERENT IN SOME VAGUE WAY, SUCH AS NOT BEING ONE OF THE CROWD—CAN’T QUITE FIT IN.				
96. HAS SOME DIFFICULTY MAKING AND KEEPING FRIENDS.				
97. IS FOREVER MAKING PROMISES TO SELF AND OTHERS TO “GET MY ACT TOGETHER,” BUT TENDS NOT TO SUSTAIN THIS NEW-FOUND RESOLUTION.				
98. DEEP DOWN, KNOWS THAT HE/SHE IS VERY INTELLIGENT, BUT HAS NOT BEEN ABLE TO USE THIS INTELLECT TO ITS FULLEST.				

