

Attention Disorder / Hyperactivity Disorder – ADHD

Please mark each statement that is true about you.

Sometimes I act without thinking.

In general, I get bored easily.

I hate waiting in lines.

Sometimes I speak without thinking.

I often fidget or bounce by leg when sitting at my desk.

I often do not take the time to read directions when I buy something new.

I often bounce from one activity to another.

I find it difficult to sit school of a long period.

I often become easily distracted by irrelevant sights and sounds.

I often fail to pay attention to details and I often make careless mistakes.

I rarely follow instructions carefully and completely.

I often loose or forget things like toys, or pencils, books, and tools needed for a task.

Score “1” for each checked box. Range is 0 to 12, with higher numbers indicating increased likelihood of ADHD. Please note that scores here are ***not clinical diagnoses***. This inventory is a screening tool only, similar to ones professionals use to see if further diagnostic protocols should be used.