

Adult Attention Deficit Disorder Behavior Rating Scale

DSMIII Items: Yes (10).....No (1)

1. _____ Often fails to finish things started
2. _____ Often does not seem to listen
3. _____ Easily distracted
4. _____ Has difficulty concentrating on sustained attention tasks
5. _____ Has difficulty sticking to an activity, especially one not desired
6. _____ Often acts before thinking
7. _____ Shifts excessively from one activity to another
8. _____ Has difficulty organizing work or becomes disorganized if not following a schedule
9. _____ Benefits from a structured environment
10. _____ Frequently calls and talks out, interrupting conversations
11. _____ Has difficulty waiting his/her turn in group situations
12. _____ Impatient
13. _____ Excessively on the move, often falling asleep when still
14. _____ Has difficulty sitting still or fidgets excessively
15. _____ Has difficulty staying seated
16. _____ Moves about excessively during sleep
17. _____ Always "on the go"
18. _____ Engages in more than one activity at a time
19. _____ Very sensitive to rejection, teasing, criticism, and frustration
20. _____ Shifts moods suddenly and unexpectedly but based on events
21. _____ Hot temper that disappears quickly (doesn't hold grudges).
22. _____ Frequent negative thinking after excitement
23. _____ Hard to give and take soothing and holding
24. _____ Is soothed and/or aided in focusing by use of TV, radio, or fan
25. _____ Tends to blame others
26. _____ Stand-up comedy tendencies
27. _____ Responds to asking better than being told

From: Weiss, Lynn (1992). Attention Deficit Disorder in Adults|

Indicators of Adult Attention Deficit Disorder

Nadeau, Kathleen. (1990) ADHD in Adults. Diagnosis and Treatment Yes (10) -----No (1)

1. _____ Chronic forgetfulness
2. _____ Problems with time management
3. _____ Tendency to take on far too many tasks or projects
4. _____ Generally disorganized lifestyle-frequently late, rushed unprepared
5. _____ Difficulty managing check book and finances
6. _____ Frequent moves and/or job changes
7. _____ Tendency to speak without considering the reaction which may be elicited by comment
8. _____ Tendency to interrupt others in conversation
9. _____ Difficulty controlling temper
10. _____ Difficulty managing paperwork on the job
11. _____ Chronic pattern of underachievement
12. _____ Pattern of establishing relationships with caretakers (serve as memory and organizer)
13. _____ Pattern of periodic depression which may begin in adolescence
14. _____ Difficulty in maintaining long'-term relationships
15. _____ Greater than average tendency towards substance abuse
16. _____ Tendency towards impulsivity
17. _____ Tendency to be either over-active or under-active, with previous history of over activity
18. _____ Low tolerance for frustration-tendency to overreact to frustration
19. _____ Tendency to give up on difficult , long-term projects
20. _____ Pattern of interests which are taken up, then dropped, after investment of substantial sums of money
21. _____ Difficulty concentrating when reading
22. _____ Difficulty handling demanding learning situations required for job advancement
23. _____ Pattern of achieving less than siblings (academically or professionally)

The ACQ

(ADD Center Questionnaire) M. Thompson M.D., L. Thompson, Ph.D.

Name: _____	NEVER OR VERY RARELY	SOMETIMES	A GREAT DEAL	ALMOST ALWAYS
Date: _____ Age in years _____ Questions:				
1. When reading textbooks or similar types of material, I find that within the first page, without meaning to, my mind has drifted off the material and I must re-read the material.				
2. When creating something that I consider a challenge or reading something of intense interest to me, I go into a state of "hyper-focus" which is characterized by at least three of the following:: <ul style="list-style-type: none"> • remaining at the task for lengthy periods of time • feeling <u>very</u> intense and irritable if disturbed • feeling <u>extremely</u> irritable if asked to do something else • desiring complete silence or just quiet music while working 				
3. When listening to a lecture, within the first five minutes and then <u>frequently</u> during the lecture, without consciously intending to, I drift off topic and miss the points that are being taught				
4. When listening to conversations, even in interesting social situations, my mind wanders off the topic being discussed and I miss parts of what is being said				
5. Both I and others have noticed that I often act (say things, spend money, take action) without thinking things through carefully with the result that afterwards I may wish I had not acted so impulsively.				
6. Others may view me as acting as if I am "driven". I must be doing something (but usually not a task that someone else has defined). This characteristic may make it difficult for others who, occasionally, just want to sit and relax.				
7. When others want to just sit and "relax", I find this irritating, (i.e., "Why aren't they pitching in? There are things to be done!")				
8. Procrastination is a problem. This may be due to getting side tracked on to more interesting things when a task becomes boring. It may also be due to my having too many important things on the go.				
9. When I "lock on" to something, then I want to get it done or settled right now!				
10. I can be a very impatient person. I may, for example, be aggravated by somewhat slow service in a restaurant or a store.				
11. "Forced" inactivity leads to one or more of the following: boredom, sadness, melancholy, feelings of decreased self-esteem.				
12. I always feel I should be doing (accomplishing) more.				
13. I jump from one topic or task to another and then back again; particularly at work this can be annoying to other..				
14. Others sometimes misinterpret my behavior and may even feel that I am "aloof" or "arrogant"(not picking up the normal social cues) because when I am thinking of something else I may walk right past them without any acknowledgement of their presence. At times, my mind just wanders off in the middle of a conversation and others notice it!				
15. Everyday routine tasks become boring, not challenging or interesting, so the mail may sit in piles, the room remain a disorganized mess (though I know where everything is – "geographic filing") and I keep saying that I'll do it later.				
16. If I consider a job important and challenging, then even a task (such as cleaning the room, sorting the mail etc.), which I had previously put aside, will be tackled with great energy. At these times, nobody better get in my ways, like a hurricane, I take it on almost compulsively!				
17. If I consider a job "mine" and of key importance, such as the routine of doing the mail, organizing the family or business finances, then no one better interfere and if they do take part in the task (make financial entries for example) they better do it exactly right or I will become quite intense and upset! It becomes a bigger deal to me than it would to other people, but at the time, I may both just "know" that I'm right and yet I may also have a nagging insight that I am overdoing it!				
18. When I set out to learn a topic that requires reading materials and/or listening to lectures, it takes me a great deal more time to accomplish it than it seems to take other people of similar intelligence.				
19. I find that there is little or no delay between a stimulus and my response it. (For example a statement by someone else.)				
20. I rarely read instructions first it takes too long! I tend to just jump in and do it!				
21. I start all kinds of new creative projects but it's difficult to make myself stick with them long enough to complete them.				
22. I'm restless and intense it's very hard to just sit for more than a minute or two without doing something.				
23. In meetings and even in some social situations. I must take over or be the center of attention (which keeps me alert and focused) or I tune out and start thinking about or doing something else.				
24. I seem to arrange my life so that there is always a lot to do and others may view the way I live as a confusing journey on top of a fast rolling ball that keeps changing direction and never stops.				



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