

# ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD) CHECKLIST

Glynis Hannell BA (Hons) MSc Psychologist

Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply,
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

## Physically restless

Runs or climbs when it is not appropriate to do so .....0 1 2 3  
Finds it hard to keep still, fidgets and fiddles when seated .....0 1 2 3

## Impatient

Finds it hard to wait .....0 1 2 3  
Does not take enough time to do things properly.....0 1 2 3  
Has a poor sense of time; thinks things take too long .....0 1 2 3

## Verbally impulsive

Finds it hard to keep quiet, talks too much .....0 1 2 3  
Speaks before thinking .....0 1 2 3  
Interrupts, does not wait turn in conversation .....0 1 2 3  
Calls out in class when it is not appropriate to do so.....0 1 2 3

## Impulsive behaviour

Rushes into situations without thinking .....0 1 2 3  
Touches things when told not to .....0 1 2 3  
Works too quickly and makes silly mistakes .....0 1 2 3  
Pushes in, does not wait their turn.....0 1 2 3  
Seems sorry but does the same thing again a few minutes later .....0 1 2 3  
Does not wait for instructions, starts without knowing what to do.....0 1 2 3

## Excitable

Gets over-excited, boisterous or silly in an exciting situation .....0 1 2 3  
Does not know when to stop with a play fight or joke .....0 1 2 3



Is more excitable when tired .....	0	1	2	3
Loses control quickly, has tantrums over a small upset .....	0	1	2	3

### Inattentive

Seems to be daydreaming or in a world of their own .....	0	1	2	3
Does not pay attention to instructions .....	0	1	2	3
Suspected of having hearing problems .....	0	1	2	3
Seems vague or tired most of the time .....	0	1	2	3
Takes a long time to complete simple tasks .....	0	1	2	3
Slow to respond .....	0	1	2	3
Makes careless mistakes, does not notice mistakes.....	0	1	2	3

### Difficulties sustaining concentration

Does not complete set tasks, gets sidetracked.....	0	1	2	3
Needs constant reminders to stay on task.....	0	1	2	3
Loses interest in activities that need sustained effort.....	0	1	2	3
Loses track of the conversation going on around them .....	0	1	2	3
Cannot be trusted to watch out for something.....	0	1	2	3

### Poor organization

Loses things that are needed for tasks or activities.....	0	1	2	3
Does not plan ahead, leaves everything until the last minute .....	0	1	2	3
Desk, locker, school bag and so on are always a mess .....	0	1	2	3
Poor judge of how much time is required for a task .....	0	1	2	3
Does not identify priorities, wastes time on irrelevant activities .....	0	1	2	3
Slow to get started on tasks, procrastinates, not organized .....	0	1	2	3

### Positive characteristics and strengths (describe at least 3)

### Important notes

This checklist can be used to help diagnose and assess ADHD. However, several conditions have similar characteristics and there may a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on ADHD (pages 74–81)
- Guides for discussions with colleagues, parents and students (pages 184–8)

