

## ADD TESTING

No ADD adult has all of the symptoms, but if you notice a strong presence of more than 20 of these symptoms, there is a strong likelihood of ADD.

- 0 = never
- 1 = rarely
- 2 = occasionally
- 3 = frequently
- 4 = very frequently

**IMPORTANT:** This is not a tool for self-diagnosis. Its purpose is simply to help you determine whether ADD may be a factor in the behavior of the person you are assessing using this checklist. An actual diagnosis can be made only by an experienced professional. If you need a referral to such a professional in your area, contact your local chapter of CH.A.D.D. (Children and Adults with Attention Deficit Disorder).

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### Past History

1.  History of ADD symptoms in childhood, such as distractibility, short attention span, impulsivity or restlessness. ADD doesn't start at age 30.
2.  History of not living up to potential in school or work (report cards with comments such as "not living up to potential")
3.  History of frequent behavior problems in school (mostly for males)
4.  History of bed wetting past age 5
5.  Family history of ADD, learning problems, mood disorders or substance abuse problems

### Short Attention Span/Distractibility

6.  Short attention span, unless very interested in something
7.  Easily distracted, tendency to drift away (although at times can be hyper focused)
8.  Lacks attention to detail, due to distractibility
9.  Trouble listening carefully to directions
10.  Frequently misplaces things
11.  Skips around while reading, or goes to the end first, trouble staying on track
12.  Difficulty learning new games, because it is hard to stay on track during directions
13.  Easily distracted during sex, causing frequent breaks or turn-offs during lovemaking

14.  Poor listening skills
15.  Tendency to be easily bored (tunes out)

#### Restlessness

16.  Restlessness, constant motion, legs moving, fidgetiness
17.  Has to be moving in order to think
18.  Trouble sitting still, such as trouble sitting in one place for too long, sitting at a desk job for long periods, sitting through a movie
19.  An internal sense of anxiety or nervousness

#### Impulsivity

20.  Impulsive, in words and/or actions (spending)
21.  Say just what comes to mind without considering its impact (tactless)
22.  Trouble going through established channels, trouble following proper procedure, an attitude of "read the directions when all else fails"
23.  Impatient, low frustration tolerance
24.  A prisoner of the moment
25.  Frequent traffic violations
26.  Frequent, impulsive job changes
27.  Tendency to embarrass others
28.  Lying or stealing on impulse

#### Poor Organization

29.  Poor organization and planning, trouble maintaining an organized work/living area
30.  Chronically late or chronically in a hurry
31.  Often have piles of stuff
32.  Easily overwhelmed by tasks of daily living
33.  Poor financial management (late bills, check book a mess, spending unnecessary money on late fees)
34.  Some adults with ADD are very successful, but often only if they are surrounded with people who organize them.

### Problems Getting Started and Following Through

- 35.  Chronic procrastination or trouble getting started
- 36.  Starting projects but not finishing them, poor follow through
- 37.  Enthusiastic beginnings but poor endings
- 38.  Spends excessive time at work because of inefficiencies
- 39.  Inconsistent work performance

### Negative Internal Feelings

- 40.  Chronic sense of underachievement, feeling you should be much further along in your life than you are
- 41.  Chronic problems with self-esteem
- 42.  Sense of impending doom
- 43.  Mood swings
- 44.  Negativity
- 45.  Frequent feeling of demoralization or that things won't work out for you

### Relational Difficulties

- 46.  Trouble sustaining friendships or intimate relationships, promiscuity
- 47.  Trouble with intimacy
- 48.  Tendency to be immature
- 49.  Self-centered; immature interests
- 50.  Failure to see others' needs or activities as important
- 51.  Lack of talking in a relationship
- 52.  Verbally abusive to others
- 53.  Proneness to hysterical outburst
- 54.  Avoids group activities
- 55.  Trouble with authority

### Short Fuse

- 56.  Quick responses to slights that are real or imagined
- 57.  Rage outbursts, short fuse

### Frequent Search For High Stimulation

58.  Frequent search for high stimulation (bungee jumping, gambling, race track, high stress jobs, ER doctors, doing many things at once, etc.)
59.  Tendency to seek conflict, be argumentative or to start disagreements for the fun of it

### Tendency To Get Stuck (thoughts or behaviors)

60.  Tendency to worry needlessly and endlessly
61.  Tendency toward addictions (food, alcohol, drugs, work)

### Switches Things Around

62.  Switches around numbers, letters or words
63.  Turn words around in conversations

### Writing/Fine Motor Coordination Difficulties

64.  Poor writing skills (hard to get information from brain to pen)
65.  Poor handwriting, often prints
66.  Coordination difficulties

### The Harder I Try The Worse It Gets

67.  Performance becomes worse under pressure.
68.  Test anxiety, or during tests your mind tends to go blank
69.  The harder you try, the worse it gets
70.  Work or schoolwork deteriorates under pressure
71.  Tendency to turn off or become stuck when asked questions in social situations
72.  Falls asleep or becomes tired while reading

### Sleep/Wake Difficulties

73.  Difficulties falling asleep, may be due to too many thoughts at night
74.  Difficulty coming awake (may need coffee or other stimulant or activity before feeling fully awake)

### Low Energy

75.  Periods of low energy, especially early in the morning and in the afternoon
76.  Frequently feeling tired

### Sensitive To Noise Or Touch

77.  Startles easily
78.  Sensitive to touch, clothes, noise and light

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When you have completed the above checklist, calculate the following:

1. Total Score: \_\_\_\_\_
2. Total Number of Items with a score of three (3) or more: \_\_\_\_\_
3. Score for Item #1: \_\_\_\_\_
4. Score for Item #6: \_\_\_\_\_
5. Score for Item #7: \_\_\_\_\_

Dr. Amen suggests: "More than 20 items with a score of three or more indicates a strong tendency toward ADD. Items 1, 6, and 7 are essential to make the diagnosis."