

**Dana Season, Psy.D.**  
**Licensed Clinical Psychologist: PSY 23196**

**ADHD QUESTIONNAIRE**

NAME: \_\_\_\_\_

Date: \_\_\_\_\_

Please rate yourself 'Self' or list yourself as 'Other' if you are evaluating someone such as your child or spouse on each of the symptoms listed below, using the following scale.

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>N/A</b>
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable

Self / Other (other is: \_\_\_\_\_)

\_\_\_\_\_ Is easily distracted

\_\_\_\_\_ Has difficulty sustaining attention for most tasks in play, school, or work

\_\_\_\_\_ Has trouble when listening others are talking

\_\_\_\_\_ Has difficulty following through (procrastination) on tasks or instructions

\_\_\_\_\_ Has difficulty keeping an organized area (room, desk, backpack/bag, etc.)

\_\_\_\_\_ Has trouble with time (is frequently late, hurried, tasks take longer than expected, projects or homework are 'last minute' or tuned in late)

\_\_\_\_\_ Has a tendency to lose things

\_\_\_\_\_ Makes careless mistakes / poor attention to detail

\_\_\_\_\_ Is forgetful

\_\_\_\_\_ Daydreams excessively

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- \_\_\_\_\_ Is restless or hyperactive
- \_\_\_\_\_ Has trouble sitting still
- \_\_\_\_\_ Is fidgety, in constant motion (hands, feet, body)
- \_\_\_\_\_ Is noisy, has a hard time being quiet
- \_\_\_\_\_ Acts as if 'driven by a motor'
- \_\_\_\_\_ Talks excessively
- \_\_\_\_\_ Is impulsive (doesn't think through comments or actions before they are said or done)
- \_\_\_\_\_ Has difficulty waiting his or her turn
- \_\_\_\_\_ Interrupts or intrudes on others (e.g. butts in to conversations or games)