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General Adult ADD Symptom Checklist

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In conjunction with other diagnostic techniques, Daniel G. Amen, MD. (publisher of [MindWorks Press](#)) says he "uses the [following] general adult ADD checklist to help further define ADD symptoms. 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." We gratefully acknowledge Dr. Amen for this valuable contribution to **One ADD Place**.

[ADD Testing & Treatment](#)

Delivering State-of-the-Art Assessment & Treatment.
www.AdultAttention.org

[3 Steps To Conquer ADD](#)

Warning! Don't Take Any ADHD Drug Until You Read This Free ADD Report
www-ADD.net

[Manic Depression Info](#)

Learn About Symptoms & Treatment Options: Find Information
managebipolaridorder.com

After printing this page, please read this list of behaviors and rate yourself (or the person who has asked you to rate him or her) on each behavior listed. Use the following scale and place the appropriate number next to the item.

- 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).

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

[Attention Deficit](#)

Top 6 Websites For Attention Deficit Disorder
www.picks-finder.com

[Heal the ADD/ADHD](#)

On or Off Meds Your Child will do Better w/ 7 Essentials - Food Heals
www.4AddedLife.com/AD

[Have an Angry Child?](#)

Take a Therapeutic class for FREE No strings attached
www.pshifts.info

[Improve ADHD Behavior Now](#)

You have Help, EasyChild Software Encourage ADHD Kids good behavior
www.EncourageSoftware.com

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

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."

He further adds: "One of the most common ways I diagnose ADD in adults is when parents reluctantly tell me that they have tried their child's medication and that they found it very helpful. They report it helped them concentrate for longer periods of time. They became more organized and were less impulsive. Trying your child's medication is not something I recommend!"

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