

ADHD Checklist

PATIENT: _____ DATE: _____

INSTRUCTIONS: This scale rates four prominent symptom clusters associated with ADHD: Inattention, Hyperactivity, Instability of Mood and Temperamental Behavior. Please rate the following on the basis of your observation on a scale of 0 (not a problem) to 3 (a severe problem).

INATTENTION	Not a Problem	Mild	Moderate	Severe
Inattentive, short attention span	0	1	2	3
Can't concentrate	0	1	2	3
Easily distracted	0	1	2	3
Fails to complete tasks	0	1	2	3
Forgetful, needs constant reminding	0	1	2	3
	Mean Item		Total Score	

HYPERACTIVITY	Not a Problem	Mild	Moderate	Severe
Restless, overactive	0	1	2	3
Fidgety, can't sit still	0	1	2	3
Can't play or relax quietly	0	1	2	3
Impulsive, acts without thinking	0	1	2	3
Impatient, talks out of turn	0	1	2	3
	Mean Item		Total Score	

INSTABILITY OF MOOD	Not a Problem	Mild	Moderate	Severe
Moods change quickly	0	1	2	3
Easily frustrated	0	1	2	3
Excitable nature	0	1	2	3
Explosive behavior	0	1	2	3
Nervous, high-strung, tense	0	1	2	3
	Mean Item		Total Score	

TEMPERAMENTAL BEHAVIOR	Not a Problem	Mild	Moderate	Severe
Stubborn, sullen, irritable	0	1	2	3
Defiant, argumentative	0	1	2	3
Temper tantrums	0	1	2	3
Blames others for mistakes	0	1	2	3
Hostile, negative, oppositional	0	1	2	3
	Mean Item		Total Score	

TOTAL SCORE	
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