

Childhood Symptoms of ADHD

Name: _____ Date: _____

INSTRUCTIONS: Please read each statement carefully, and then pick out the **one answer** that best describes the way you were as a child. Circle the number of the correct answer. Please do not choose more than one number for each statement.

“A little” means it was bothersome, but did not interfere with day-to-day activities. “Most of the time” means it interfered with at least some important activities. “All of the time” means that it affected just about every aspect of your day-to-day life.

DO ANY OF THESE PROBLEMS DESCRIBE WHAT YOU WERE LIKE AS A CHILD?	Not at all	A little	Most of the time	All of the time
1. Always on the go, restless	0	1	2	3
2. Easily distracted	0	1	2	3
3. Trouble paying attention, daydreamer	0	1	2	3
4. Fidgety	0	1	2	3
5. Made careless mistakes in my work	0	1	2	3
6. Avoided homework or schoolwork	0	1	2	3
7. Temper tantrums	0	1	2	3
8. Trouble following through and finishing what I started	0	1	2	3
9. Frustrated	0	1	2	3
10. Frequently lost things necessary for my work	0	1	2	3
11. Blurted out answers, talked out of turn, interrupted people	0	1	2	3
12. A dare-devil, prankster	0	1	2	3
13. Disobedient and rebellious	0	1	2	3
14. Disorganized, sloppy	0	1	2	3
15. Trouble concentrating	0	1	2	3
16. Impulsive, acted before thinking	0	1	2	3
17. Immature	0	1	2	3
18. Felt out of control	0	1	2	3
19. Getting into fights	0	1	2	3
20. Teased other kids	0	1	2	3
21. Trouble seeing other’s point of view	0	1	2	3
22. In trouble with the law	0	1	2	3
23. In trouble at school	0	1	2	3
24. A poor student	0	1	2	3
25. Slow in learning to read	0	1	2	3
26. Trouble with math	0	1	2	3
27. Bad handwriting	0	1	2	3
28. Never enjoyed reading	0	1	2	3
29. Did not work to my potential	0	1	2	3
30. Repeated grades	0	1	2	3

MEAN ITEM SCORE		TOTAL SCORE	
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