

# Place an **X** next to each statement that describes you

Name: \_\_\_\_\_

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

## **SI**

1. Often fails to give close attention to detail or makes mistake \_\_\_\_\_
2. Often has difficulty sustaining attention in tasks or activities \_\_\_\_\_
3. Often does not seem to listen when spoken to directly \_\_\_\_\_
4. Often does not follow through on instructions and fails to finish schoolwork or workplace duties \_\_\_\_\_
5. Often has difficulty organizing tasks and activities \_\_\_\_\_
6. Often avoids, dislikes or is reluctant to engage in tasks that require sustained mental effort \_\_\_\_\_
7. Often loses things necessary for tasks or activities \_\_\_\_\_
8. Is easily distracted by extraneous stimuli \_\_\_\_\_
9. Is often forgetful in daily activities \_\_\_\_\_

## **SH**

10. Often fidgets with or taps hands and feet, or squirms in seat \_\_\_\_\_
11. Often leaves seat in situations when remaining seated is expected \_\_\_\_\_
12. Often runs and climbs in situations where it is inappropriate (in adolescents or adults, may be limited to feeling restless) \_\_\_\_\_
13. Often unable to play or engage in leisure activities quietly \_\_\_\_\_
14. Is often "on the go", acting as if "driven by a motor" \_\_\_\_\_
15. Often talks excessively \_\_\_\_\_
16. Often blurts out answers before a question has been completed \_\_\_\_\_
17. Often has difficulty waiting for their turn \_\_\_\_\_
18. Often interrupts or intrudes on others \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

1. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly? 0 1 2 3 4 5
2. How often do you leave your seat in meetings or other situations in which you are expected to remain seated? 0 1 2 3 4 5
3. How often do you have difficulty unwinding and relaxing when you have time to yourself?  
0 1 2 3 4 5
4. When you're in a conversation, how often do you find yourself finishing the sentences of people you are talking to before they finish them themselves. 0 1 2
5. How often do you put things off until the last minute? 0 1 2 3 4
6. How often do you depend on others to keep your life in order and attend to details? 0 1 2 3