ADHD QUIZ

Responses to be provided by child's parent/care-giver:

PART ONE
The first part of the ADHD test covers signs of distractibility.

- My child makes careless mistakes.
- It's very difficult for my child to stay focused on homework or other tasks.
- My child rarely completes an activity before moving to the next activity.
- Even when spoken to directly, my child seems to not be paying attention.
- My child is disorganized and even with my help can't seem to learn how to become organized.
- My child frequently loses things like homework and personal belongings.
- My child tries to avoid activities that require sustained concentration and a lot of mental effort.
- My child frequently forgets to do things, even when constantly reminded.
- Even the smallest distractions throw my child off task.

If parent/care-giver endorsed five or more symptoms – and reports these symptoms have been a persistent problem interfering in child's life at home and at school– child may have **inattentive type ADD**. Further assessment may be indicated.

PART TWO
The second part of the ADHD test covers *hyperactivity* and *impulsivity*.

- Sometimes my child acts as if she/he is driven by a motor.
- My child always seems to be fidgeting.
- No matter how hard he tries, my child has problems remaining seated even when she/he is supposed to.
- My child talks a lot, even when she/he has nothing much to say.
- My child often interferes in the classroom because s/he has difficulty engaging in quiet activities without disturbing others.
- In class or at home, my child blurts out answers to questions before they are fully asked.
- My child has difficulty waiting patiently to take turns, and frequently butts ahead in lines or grabs toys from playmates.
- Sometimes my child seems intrusive. She/he interrupts constantly other peoples' activities and conversations.

If patent/care-giver endorsed five or more symptoms – and these symptoms have been a persistent problem interfering in child's life at home and school–he or she may have **Attention Deficit Disorder.** Further assessment may be indicated.

This ADHD Quiz only points to the possibility of ADHD, and is not intended as a sole measure by which to diagnose ADHD.