

2538 Davidsonville Rd.

Gambrills, MD 21054

ADHD-RS-IV ADOLESCENTS/ADULTS

If taking medication, complete this form to reflect how you feel *while taking medication.*

NAME _____ DATE _____

	None 0	Mild 1	Moderate 2	Severe 3
1. Carelessness				
Do you make a lot of mistakes in school or work?				
Is it because you are careless?				
Do you rush through work or activities?				
Do you have trouble with detailed work?				
Do you NOT check your work?				
Do people complain you are careless?				
Are you messy or sloppy?				
Is your desk, locker or workplace so messy you have difficulty finding things?				
Do your parents have to, repeatedly, ask you to clean your room?				
2. Difficulty sustaining attention in activities				
Do you have trouble paying attention when watching movies, reading, or in lectures or class?				
Is it hard for you to keep your mind on school or work?				
Do you have trouble paying attention while texting or messaging?				
Do you have difficulty staying focused on boring or repetitive tasks?				
Does it take a lot longer than it should to complete tasks because you can't keep your mind on the task?				
Is it harder for you than others you know?				
Do you have trouble remembering what you read and do you need to reread the same passage several times?				
3. Doesn't listen				
Do people complain that you don't seem to listen or respond (or daydream) when spoken to or when asked to do a task? A lot?				
Do people have to repeat directions?				
Do you have trouble remembering driving directions unless you write them down?				

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4. No follow through				
Do you have trouble finishing things? (such as work or chores)				
Do your parents or boss have to remind you to complete things?				
When working on a project in a group do your peers have to remind you to finish your part of the project?				
Do you often leave things half done and start another project?				
Do you need consequences (such as deadlines) to finish?				
Do you have trouble following instructions, especially complex multistep ones?				
Do you need to write down instructions otherwise you will forget them?				
5. Can't organize				
Do you have trouble organizing tasks into ordered steps?				
Is it hard prioritizing work and chores?				
Do you need others to plan for you?				
Do you have trouble with time management? Does it cause problems?				
Do you have trouble planning long term projects? (e.g. term papers)				
Do your parents have to help you plan?				
Does difficulty in planning lead to procrastination and putting tasks off to the last moment possible?				
6. Avoids/dislikes tasks requiring sustained mental effort				
Do you avoid tasks that are challenging or lengthy because it is hard to stay focused on these things for a long time?				
Do you have to force yourself to do these tasks? How hard was it?				
Do you procrastinate until the last moment possible?				
Do your parents need to remind you to do things you don't want to do?				
Is it harder for you to do things you are not interested in than it is for your friends?				
7. Lose important items				
Do you lose things? (e.g. homework, wallet, leys, coats, papers)				
Have you misplaced things such as your cell phone? A lot? More than others?				
Are you constantly looking for important items? Do you get in trouble for this?				
Do you need to place things in the same place each time, otherwise you will lose them?				

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8. Easily distractible				
Are you ever easily distracted by things around you such as noise (tv, conversations, radio) movement or clutter?				
When you are in the classroom and there are interruptions, is it hard to get your mind back on the work at hand?				
Do you need relative isolation to get work done?				
Can almost anything get your mind off what you are (were) doing?				
Is it hard to get back to a task once you stop?				
9. Forgetful in daily activities				
Do you forget things in your daily activities? (attending class, chores, work, appointments, obligations, meetings)				
Do you forget to bring things to work or school such as school work, materials, or assignments?				
Do you need to write regular reminders to yourself to do most activities?				
If you don't write something down are you likely to forget to do it?				
10. Squirms or fidgets				
Can you sit still or are you always moving your hands and feet?				
Do you tap your pencil or your feet? A lot? Do people notice?				
Do you, regularly, play with your hair or clothing?				
Do you, consciously, resist fidgeting or squirming?				
Do teachers comment on your fidgeting or squirming? Parents?				
Is it difficult for you when you can't be physically active?				
11. Can't stay seated?				
Do you have trouble staying in your seat? At work, class, watching tv, playing video games, church or temple?				
Do you choose to walk around rather than sit?				
Do you have to force yourself to remain seated?				
Is it difficult for you to sit through a long meeting or class? Do teachers comment on your inability to remain seated?				
Do you try to avoid functions that require sitting for long periods?				
12. Runs/climbs, excessively				
Are you physically restless?				
Do you feel restless inside?				
Do you feel agitated when you can't exercise on a daily basis?				
Do you have trouble staying seated through an entire meal?				

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13. Can't play quietly				
Do you have a hard time playing quietly?				
During quiet leisure activity are you agitated or unhappy?				
Do you need to be busy after school, work or on vacation?				
14. On the go, "driven by a motor"				
Is it hard for you to slow down and do one thing for a long time?				
Do you feel like you have a lot of energy and you always have to be moving?				
Do you feel like you are driven by a motor?				
Do you feel unable to relax? Does it interfere with sleep?				
15. Talks excessively				
Do you talk a lot? All the time? More than other people?				
Do you talk out of turn in class or work?				
Do people complain about your talking? Is it a problem?				
Are you often louder than the people you are talking to?				
16. Blurts out answers				
Do you give answers to questions before someone finishes asking?				
Do teachers complain about answering their questions, prematurely?				
Do you say things before it is your turn?				
Do you say things that don't fit in the conversation?				
Do you do things without thinking? A lot?				
17. Can't wait turn				
Is it hard to wait your turn in conversations, playing games, in line or driving?				
Are you frequently frustrated with delays?				
Do people comment on your trouble waiting? Does it cause problems?				
18. Intrudes or interrupts others				
Do you talk when others are talking without waiting until you are acknowledged?				
Do you butt into others conversations without being invited?				
Do you interrupt others' activities when they are busy?				
Is it hard for you to wait to get your point across in conversations or at meetings?				