

Adult ADHD Questionnaire

For each of the 61 items, check the box that best describes your behavior:

	As a child I was (or had):	Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
1	Active, restless, always on the go	0	1	2	3	4
2	Afraid of things	0	1	2	3	4
3	Concentration problems, easily distracted	0	1	2	3	4
4	Anxious, worrying	0	1	2	3	4
5	Nervous, fidgety	0	1	2	3	4
6	Inattentive, daydreaming	0	1	2	3	4
7	Hot- or short-tempered, low boiling point	0	1	2	3	4
8	Shy, sensitive	0	1	2	3	4
9	Temper outbursts, tantrums	0	1	2	3	4
10	Trouble with stick-to-it-tiveness, not following through. Failing to finish things started	0	1	2	3	4
11	Stubborn, strong-willed	0	1	2	3	4
12	Sad or blue, depressed, unhappy	0	1	2	3	4
13	Incautious, dare-devilish, involved in pranks	0	1	2	3	4
14	Not getting a kick out of things, dissatisfied with life	0	1	2	3	4
15	Disobedient with parents, rebellious, sassy	0	1	2	3	4
16	Low opinion of myself	0	1	2	3	4
17	Irritable	0	1	2	3	4
18	Outgoing, friendly, enjoyed company of people	0	1	2	3	4
19	Sloppy, disorganized	0	1	2	3	4
20	Moody, ups and downs	0	1	2	3	4
21	Angry	0	1	2	3	4
22	Friends, popular	0	1	2	3	4
23	Well-organized, tidy, neat	0	1	2	3	4
24	Acting without thinking, impulsive	0	1	2	3	4
25	Tendency to be immature	0	1	2	3	4
26	Guilty feelings, regretful	0	1	2	3	4
27	Losing control of myself	0	1	2	3	4
28	Tendency to be or act irrational	0	1	2	3	4
29	Unpopular with other children, didn't keep friends for long, didn't get along with other children	0	1	2	3	4
30	Poorly coordinated, did not participate in sports	0	1	2	3	4
31	Afraid of losing control of self	0	1	2	3	4
32	Well-coordinated, picked first in games	0	1	2	3	4
33	Tomboyish (for women only)	0	1	2	3	4
34	Running away from home	0	1	2	3	4
35	Getting into fights	0	1	2	3	4
36	Teasing other children	0	1	2	3	4
37	Leader, bossy	0	1	2	3	4
38	Difficulty getting awake	0	1	2	3	4

39	Follower, led around too much	0	1	2	3	4
40	Trouble seeing things from someone else's point of view	0	1	2	3	4
41	Trouble with authorities, trouble with school, visits to principal's office	0	1	2	3	4
42	Trouble with police, booked convicted	0	1	2	3	4

	Medical problems as a child	Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
43	Headaches	0	1	2	3	4
44	Stomachaches	0	1	2	3	4
45	Constipation	0	1	2	3	4
46	Diarrhea	0	1	2	3	4
47	Food allergies	0	1	2	3	4
48	Other allergies	0	1	2	3	4
49	Bedwetting	0	1	2	3	4

	As a child in school I was (or had)	Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
50	Overall a good student, fast	0	1	2	3	4
51	Overall a poor student, slow learner	0	1	2	3	4
52	Slow in learning to read	0	1	2	3	4
53	Slow reader	0	1	2	3	4
54	Trouble reversing letters	0	1	2	3	4
55	Problems with spelling	0	1	2	3	4
56	Trouble with mathematics or numbers	0	1	2	3	4
57	Bad handwriting	0	1	2	3	4
58	Able to read pretty well but never really enjoyed reading	0	1	2	3	4
59	Not achieving up to potential	0	1	2	3	4
60	Repeating grades	0	1	2	3	4
61	Suspended or expelled	0	1	2	3	4