

## Interactive ADHD Screening Prompts (20 Year Old)

Welcome! This interactive screening will explore if you might have symptoms of ADHD. Remember, this is not a diagnosis, but it can provide insights to discuss with a doctor.

### Focus and Attention:

1. **Describe a typical study session for you. What are the biggest challenges you face when trying to concentrate on your work?**
2. **Imagine you're watching a movie with friends. How often do you find your mind wandering to other things during the movie? Do you miss details or have difficulty following the plot?**

### Hyperactivity and Impulsivity:

3. **Do you ever find yourself fidgeting or tapping your foot even when you're trying to sit still? In what situations does this happen most often?**
4. **During conversations with friends, how often do you blurt things out before you've fully thought them through? Do you sometimes regret interrupting others?**

### Organization and Planning:

5. **Tell me about your to-do list system. How do you keep track of deadlines and appointments? Do you find yourself frequently forgetting tasks or running behind schedule?**
6. **Describe your living space or workspace. Is it generally organized, cluttered, or somewhere in between? How does the level of organization affect your focus and productivity?**

### Emotional Impact:

7. **Do you ever feel frustrated or discouraged because you can't focus on a task the way you'd like to? How do you typically cope with these feelings?**
8. **How often do you feel restless or like you need to be constantly moving around? Does this feeling ever interfere with your daily activities?**

### Interactive Task:

**Memory Challenge:** A series of shapes will appear on the screen one at a time. Remember the order and try to repeat the sequence by clicking the shapes in the correct order. We'll track your accuracy and speed.

**After completing the prompts and the task, here's how the AI will analyze your responses:**

- **Focus on the details in your answers.** Did you elaborate on challenges faced when studying? How often did you use phrases like "often," "sometimes," or "rarely" when describing your experiences with inattention or hyperactivity?

- **Observe your response patterns.** Were there rambling answers that might suggest difficulty focusing?

**Based on the analysis, the AI will provide a general outcome:**

- **Possible Signs of ADHD:** Your responses suggest some challenges with focus, organization, or impulsivity that could be related to ADHD. It's strongly recommended to seek professional evaluation from a doctor or therapist for a proper diagnosis and potential management strategies.
- **Focus on Specific Areas:** While your responses didn't necessarily indicate strong signs of ADHD, there were areas where you mentioned challenges with focus or organization. Discussing these concerns with a doctor could be helpful in exploring potential causes and finding solutions.
- **Seek Professional Evaluation Regardless:** This screening is a starting point, and a proper diagnosis can only be made by a healthcare professional. We encourage you to schedule an appointment with a doctor to discuss your concerns further.

**Important Note:** Remember, this is not a substitute for a professional diagnosis. If you're concerned about ADHD, reaching out to a doctor or therapist is the next step.