

## Adult ADHD Screening

This “Adult ADHD Screening” provides a quick indication of whether you might benefit from seeing a specialist. Many adults just learn to deal with their ADHD symptoms, either by using coping skills or getting consistent help from others. There are now several very effective non-drug treatments that could drastically improve the quality of your life. Place an X in the appropriate box that reflects how you have felt in the past 6 months.

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

1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?
3. How often do you have problems remembering appointments or obligations?
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?
5. How often do you fidget or squirm with your hands or feet when you have to sit for a long time?
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?

	Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?					
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?					
3. How often do you have problems remembering appointments or obligations?					
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
5. How often do you fidget or squirm with your hands or feet when you have to sit for a long time?					
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?					

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Add the number of checkmarks that appear in the darker shaded area. Four or more checkmarks indicate that your symptoms may be consistent with Adult ADHD. It may be beneficial for you to have a clinical evaluation. Call our office today at (972) 386-9776 or visit our website at [www.NeuroWellness.com](http://www.NeuroWellness.com).