

6. Runs about or climbs excessively in situations in which it is inappropriate.

0 1 2 3

Are you physically restless?

Do you feel restless inside? A lot?

Do you feel more agitated when you cannot exercise on an almost daily basis?

7. Does not follow through on instructions and fails to finish work.

0 1 2 3

Do you have trouble finishing things such as work or chores?

Do you often leave things half done and start another project?

Do you need consequences (such as deadlines) to finish things?

Do you have trouble following instructions (especially complex, multistep instructions that have to be done in a certain order with different steps)?

Do you need to write down instructions, otherwise you will forget them?

8. Has difficulty playing or engaging in leisure activities quietly.

0 1 2 3

During leisure activity (nonstructured times or on your own, such as reading a book, listening to music, playing a board game) are you agitated or restless?

Do you always need to be busy after work or while on vacation?

9. Has difficulty organizing tasks and activities.

0 1 2 3

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?

Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible?

10. Is "on the go" or acts as if "driven by a motor."

0 1 2 3

Is it hard for you to slow down?

Do you feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"?

Do you feel like you're "driven by a motor"?

Do you feel unable to relax?

11. Avoids tasks (e.g., schoolwork, homework) that require sustained mental effort.

0 1 2 3

Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay focused on these things for a long time?

Do you have to force yourself to do these tasks? How hard is it?

Do you procrastinate and put off tasks until the last possible moment?

	Never or Rarely	Sometimes	Often	Very Often
12. Talks excessively.	0	1	2	3
Do you talk a lot? All the time? More than other people? Do people complain about your talking? Is it a problem? Are you often louder than the people you are talking to?				
13. Loses things necessary for tasks or activities.	0	1	2	3
Do you lose things (i.e., important work papers, keys, wallet, coats, etc.)? A lot? Are you constantly looking for important items? Do you get into trouble for this? Do you need to put items (e.g., glasses, wallet, keys) in the same place each time, otherwise you will lose them?				
14. Blurts out answers before questions have been completed.	0	1	2	3
Do you give answers to questions before someone finishes asking? Do you say things before it's your turn? Do you say things that don't fit into the conversation? Do you do things without thinking? A lot?				
15. Is easily distracted.	0	1	2	3
Are you very easily distracted by events around you, such as noise (conversation, TV, radio), movement, or clutter? Do you need relative isolation to get work done? Can almost anything get your mind off of what you are doing, whether it be work, chores, or talking to someone? Is it hard to get back to a task once you stop?				
16. Has difficulty awaiting turn.	0	1	2	3
Is it hard for you to wait your turn in conversations, in lines, or while driving? Are you frequently frustrated with delays? Does it cause problems? Do you put a great deal of effort into planning to avoid situations where you might have to wait? Do you feel unable to relax?				
17. Is forgetful in daily activities.	0	1	2	3
Do you forget a lot of things in your daily routine? Like what? Chores? Work? Appointments or obligations? Do you forget to bring things to work, such as work materials or assignments due that day? Do you need to write regular reminders to yourself to do most activities or tasks, otherwise you will forget?				
18. Interrupts or intrudes on others.	0	1	2	3
Do you talk when others are talking without waiting until you are acknowledged? Do you butt into others' conversations before being invited? Do you interrupt others' activities?				

SUBTOTAL (1-5)*

SUBTOTAL (6-11)*

SUBTOTAL (12-18)*

TOTAL SCORE

Adapted from ADHD Rating Scale-IV: Checklists, Norms, and Clinical Interpretation by George J. DuPaul, Thomas J. Power, Arthur D. Anastopoulos, and Robert Reid. Copyright 1998 by the authors. ADHD criteria are adapted by permission from DSM-IV. Copyright 1994 by the American Psychiatric Association.