

ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD) CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

ADHD is characterised by symptoms from **one or both** of the following categories:

Inattention Symptoms

- Poor attention to detail
- Difficulty sustaining attention
- Does not seem to listen when spoken to
- Difficulties remaining on-task and completing tasks
- Poor organisation skills
- Reluctance to engage in tasks involving sustained mental effort
- Often losing things
- Forgetfulness
- Distractibility

Hyperactivity and Impulsivity

- Fidgeting often
- Unable to sit still
- Unable to play quietly
- Often running around and climbing in inappropriate situations
- Restlessness
- Excessive talking
- Impatience
- Often interrupts people

If a child, adolescent or adult has experienced **6 or more** symptoms from **one or both** of these categories consistently for at least **6 months**, they may meet criteria for an **ADHD** diagnosis. In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at strategicpsychology.com.au.