Screening Checklist for ADD/ADHD

Inattention

1] often fails to give close attention to details or makes mistakes in work or other activities

2] often has difficulty sustaining attention

3] often does not listen when spoken to directly

4] often does not follow through on instructions and fails to finish chores or duties in the workplace [not due to failure to understand instructions]

5] often has difficulty organising tasks and activities

6] often loses things necessary for tasks or activities

7] often avoids, dislikes or is reluctant to engage in tasks that require sustained mental effort

8] is often distracted by extraneous stimuli

9] is often forgetful in daily activities

10] may hyper focus and have difficult switching off from task OR changing tasks

Hyperactivity

1] often fidgets with hands or feet, or squirms in seat

2] often leaves seat in classroom or other situations in which remaining seated is expected

3] moves about – shows signs of restlessness

4] often has difficulty engaging in (leisure) activities quietly

5] is often on the go or often acts as if ‘driven by a motor’

6] often talks excessively

Impulsivity

1] often blurts out answers before questions have been completed

2] often has difficulty awaiting turn

3] often interrupts or intrudes on others