

More than 20 checked items on the self **ADHD test** and **Attention Deficit Disorder** test indicates a strong tendency toward Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder.

Does not work to potential in school, receives "not working to potential" teacher comments.

Has short attention span unless very interested in a particular subject.

Has a family history of Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, learning problems or substance abuse.

Is easily distracted.

Lacks attention to detail.

Has sloppy handwriting.

Has difficulty putting thoughts on paper.

Has trouble listening carefully to directions.

Frequently forgets or misplaces things.

Skips around while reading.

Has difficulty learning new games and new skills.

Has poor listening skills.

Transposes numbers, letters or words.

Is restless or in constant motion, is always "on the go."

Concentrates better when moving or fidgeting.

Has trouble sitting still or sitting in one place too long.

Has increased anxiety or nervousness.

Has a history of bed wetting beyond the age 5.

Has poor communication skills.

Lacks tact, often spurring out the first thing that comes to mind.

Acts impulsively or dangerously without considering the consequences.

Is easily bored.

Says things without thinking and later regrets having said them.

- \_\_\_ Starts to answer questions before the questions are fully asked.
- \_\_\_ Is impatient.
- \_\_\_ Has trouble following verbal directions.
- \_\_\_ Makes careless mistakes in schoolwork.
- \_\_\_ Has tendency to embarrass others.
- \_\_\_ Lies or steals on impulse.
- \_\_\_ Has trouble maintaining an organized work or living area.
- \_\_\_ Is often late.
- \_\_\_ Procrastinates, especially with multi-faceted tasks.
- \_\_\_ Is easily overwhelmed by everyday tasks.
- \_\_\_ Has trouble getting started.
- \_\_\_ Starts projects but does not finish them.
- \_\_\_ Fails to finish schoolwork or chores.
- \_\_\_ Is inconsistent with school performance.
- \_\_\_ Spends excessive time on homework.
- \_\_\_ Has a tendency to drift away.
- \_\_\_ Has problems with self-esteem.
- \_\_\_ Has a negative attitude.
- \_\_\_ Has trouble maintaining friendships.
- \_\_\_ Acts immature for age.
- \_\_\_ Has trouble expressing thoughts and feelings.
- \_\_\_ Is verbally or physically abusive.
- \_\_\_ Avoids group activities or organized sports.
- \_\_\_ Has a quick temper, is "short-fused."
- \_\_\_ Has rage outbursts.

- \_\_\_ Gets upset by minor annoyances.
- \_\_\_ Is argumentative.
- \_\_\_ Worries needlessly or excessively.
- \_\_\_ Has tendency toward obsessive behavior.
- \_\_\_ Turns words around in conversations.
- \_\_\_ Performs poorly under pressure.
- \_\_\_ Has difficulty reading unless very interested in the subject.
- \_\_\_ Has difficulty falling asleep.
- \_\_\_ Has difficulty waking up or feeling fully awake.
- \_\_\_ Is frequently tired.
- \_\_\_ Startles easily.
- \_\_\_ Is sensitive to touch, clothes, noise or light.
- \_\_\_ Is more comfortable moving than sitting still.
- \_\_\_ Has moods swings from highs to lows.
- \_\_\_ Has trouble planning a series of tasks or activities.
- \_\_\_ Become upset easily, is "thin-skinned."
- \_\_\_ Talks excessively.
- \_\_\_ Fidgets, even when sitting quietly.
- \_\_\_ Has difficulty waiting in turn during group activities.
- \_\_\_ Frequently daydreams or "spaces out."
- \_\_\_ "Blanks out" when taking tests or under pressure.
- \_\_\_ Has low frustration tolerance.
- \_\_\_ Has frequent behavior problems in school.

Perhaps the most important question to ask in an ADHD test and Attention Deficit Disorder test is if the child's hyperactivity, lack of enthusiasm toward school, poor grades, disruptive behavior or other symptoms poses an obstacle to the child reaching his or her potential.