

ADHD in Women Checklist

Patient information

Name:

Age:

Date of assessment:

Contact information:

Emergency contact:

ADHD symptoms

Inattentive symptoms:

- ☐ Difficulty sustaining attention in tasks or activities
- ☐ Frequently makes careless mistakes in schoolwork or other activities
- ☐ Difficulty organizing tasks and activities
- ☐ Avoids or is reluctant to engage in tasks that require sustained mental effort
- ☐ Loses things necessary for tasks and activities (e.g., keys, glasses, paperwork)
- ☐ Easily distracted by extraneous stimuli
- ☐ Forgetful in daily activities (e.g., forgetting appointments, chores)

Hyperactive symptoms:

- ☐ Fidgets with hands or feet or squirms in seat
- ☐ Leaves seat in situations where remaining seated is expected
- ☐ Runs about or climbs in inappropriate situations
- ☐ Talks excessively
- ☐ Interrupts or intrudes on others (e.g., butts into conversations or games)

Impulsive symptoms:

- ☐ Blurts out answers before questions have been completed
- ☐ Has difficulty waiting for their turn
- ☐ Makes hasty decisions without considering the consequences
- ☐ Engages in risky behaviors (e.g., substance abuse, reckless driving)

Hormonal changes:

- ☐ Noticeable changes in symptoms related to menstrual cycle
- ☐ Increased difficulty managing symptoms during hormonal fluctuations (e.g., PMS, pregnancy)

Additional notes**Physician information****Physician name:****Contact information:****Date of next follow-up:**