

ADHD in Women Checklist

Name: _____ Age: _____

1. Inattention:

- Difficulty sustaining attention in tasks or play activities.
- Frequently makes careless mistakes due to lack of attention to detail.
- Easily distracted by unrelated stimuli.
- Forgetfulness in daily activities.

2. Hyperactivity-Impulsivity:

- Restlessness or fidgeting, especially in situations where it is inappropriate.
- Difficulty engaging in activities quietly.
- Impulsive decision-making without considering consequences.
- Difficulty waiting for one's turn in conversations or activities.

3. Emotional and Cognitive Symptoms:

- Chronic feelings of underachievement despite significant effort.
- Difficulty organizing tasks and activities.
- Often starts tasks but has difficulty finishing them.
- Tendency to procrastinate on important tasks.

4. Relationship and Social Issues:

- Challenges in maintaining relationships due to forgetfulness or impulsivity.
- Difficulty listening to others during conversations.
- Tendency to interrupt others during conversations.

5. Mood Swings and Emotional Sensitivity:

- Frequent mood swings or emotional overreactions.
- Difficulty managing frustration or anger.
- Emotional sensitivity to criticism or perceived failure.

6. Time Management Issues:

- Difficulty estimating the time required for tasks.
- Often late for appointments or events.

- Struggles with prioritizing tasks.

7. Executive Function Challenges:

- Difficulty planning and organizing daily activities.
- Trouble with self-regulation and self-control.
- Challenges with initiating and completing tasks.

8. Coping Mechanisms:

- Tendency to use coping mechanisms such as overeating, excessive use of substances, or other impulsive behaviors.