

ADHD Mental Age Chart

Patient Information

Name:

Age:

Understanding Mental Age in ADHD

ADHD can affect developmental milestones and cognitive abilities. The concept of 'mental age' or 'executive age' is used to understand the difference between a patient's chronological age and their developmental abilities. This helps in tailoring strategies and expectations to their actual developmental level rather than their physical age. Knowing the mental age can guide parents and educators in providing appropriate support and setting realistic expectations for daily tasks and learning objectives.

Chronological Age	Executive Age (Approx. 30% Less)
5 years	3.5 years
6 years	4.2 years
7 years	4.9 years
8 years	5.6 years
9 years	6.3 years
10 years	7 years
11 years	7.7 years
12 years	8.4 years
13 years	9.1 years
14 years	9.8 years
15 years	10.5 years
16 years	11.2 years
17 years	11.9 years
18 years	12.6 years
19 years	13.3 years
20 years	14 years
21 years	14.7 years
22 years	15.4 years
23 years	16.1 years
24 years	16.8 years
25 years	17.5 years

26 years	18.2 years
27 years	18.9 years
28 years	19.6 years
29 years	20.3 years
30 years	15.4 years

Mental Health Professional's Observations

Executive Age (30% Rule Applied):

Next Steps, Recommendations, and Additional Notes

Mental Health Professional Details

Name of Professional:

License Number:

Practice Name:

Date: