

ADHD Spectrum Test

Disclaimer: This ADHD Spectrum Test is for informational and self-reflective purposes only. It is not a diagnostic tool and should not be considered a substitute for a professional evaluation. There is no single official or generic test for ADHD; diagnosis should always be made by a qualified healthcare provider.

Patient information					
Name:		Date of birth:			
Gender:		Date of assessment:			
Instructions					
<p>Rate how often you've experienced each of the following behaviors over the past 6 months in two or more settings (e.g., home, school, work). Use the following scale:</p> <ul style="list-style-type: none">• 0 = Never• 1 = Rarely• 2 = Sometimes• 3 = Often• 4 = Very Often					
Section A: Inattention					
How often do you...	0	1	2	3	4
1. Make careless mistakes in schoolwork, work, or other activities?					
2. Have difficulty sustaining attention in tasks or play activities?					
3. Seem not to listen when spoken to directly?					
4. Fail to follow through on instructions and fail to finish work or chores?					
5. Have trouble organizing tasks and activities?					
6. Avoid or dislike tasks that require sustained mental effort?					
7. Lose things necessary for tasks (e.g., keys, phone, paperwork)?					
8. Get easily distracted by unrelated stimuli?					
9. Forget to do daily activities (e.g., errands, returning calls)?					

Section A: Hyperactivity and impulsivity

How often do you...	0	1	2	3	4
10. Fidget with hands or feet, or squirm in your seat?					
11. Leave your seat in situations where remaining seated is expected?					
12. Feel restless or act like you're "on the go" or "driven by a motor"?					
13. Have difficulty engaging in quiet activities?					
14. Talk excessively?					
15. Blur out answers before a question is completed?					
16.. Have trouble waiting your turn?					
17. Interrupt or intrude on others' conversations or games?					
18. Run or climb in inappropriate situations (for adults, may manifest as restlessness)?					

Scoring guidelines

- **Children (under 17):** 6 or more items scored "Often" or "Very often" in either Section A or B may suggest an ADHD subtype.
- **Adolescents (17+) and adults:** 5 or more items scored "Often" or "Very often" in either Section A or B may suggest an ADHD subtype.

Additional notes

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment: