

ADHD Spectrum Test

Instructions: Read each statement carefully and rate how often it applies to you on a scale of 1 (Never) to 5 (Always).

Inattention:	1	2	3	4	5
I have difficulty focusing on tasks for long periods.					
I often lose track of my thoughts or conversations.					
I frequently misplace things or forget appointments.					
I struggle to follow instructions or complete tasks on time.					
I easily get distracted by my surroundings or my own thoughts.					
Hyperactivity/Impulsivity:	1	2	3	4	5
I feel restless and fidgety even when sitting still.					
I talk excessively or interrupt others when they are speaking.					
I have difficulty waiting my turn or taking turns in activities.					
I blurt out answers or act without thinking through the consequences.					
I feel a constant urge to move around or be active.					
Executive Functioning:	1	2	3	4	5
I have trouble planning and organizing my tasks.					
I struggle to prioritize tasks and manage my time effectively.					
I easily become overwhelmed by complex tasks or information.					
I have difficulty starting and finishing tasks.					
I often lose track of deadlines or commitments.					
Emotional Regulation:	1	2	3	4	5
I get frustrated or angry easily, especially when facing challenges.					
I struggle to control my emotions, leading to impulsive reactions.					
I have difficulty managing my stress or anxiety.					
I experience frequent mood swings or emotional outbursts.					
I have difficulty coping with rejection or criticism.					

Positive Traits:	1	2	3	4	5
I am highly creative and enjoy thinking outside the box.					
I am enthusiastic and passionate about things I am interested in.					
I am a quick learner and can pick up new skills easily.					
I am adaptable and flexible in changing situations.					
I am a highly energetic and active person.					