

# Attention Span Test

**Disclaimer:** There is no official or universally recognized Attention Span Test. This tool is a self-report questionnaire where respondents rate statements about their focus habits. It is intended for personal insight only and is not a diagnostic instrument. For concerns about attention or related conditions, please consult a qualified healthcare professional.

Patient information		
Name:	Date of birth:	
Gender:	Date of assessment:	
Instructions		
The test uses a self-report questionnaire where respondents rate statements about their focus habits on a Likert scale, ranging from "disagree" to "agree".		
Attention Span Test questions		
1. I am able to ignore nearby noise when I'm trying to focus.		
Disagree	Neutral	Agree
2. I let others to finish speaking before jumping in with my own ideas.		
Disagree	Neutral	Agree
3. It's easy for me to get engrossed in quiet tasks like reading a book.		
Disagree	Neutral	Agree
4. I am able to stay engaged during long conversations.		
Disagree	Neutral	Agree
5. My house is full of half-finished projects that I started but later gave up on.		
Disagree	Neutral	Agree
6. If I know a task requires a lot of mental energy, I try to get it out of the way as soon as possible.		
Disagree	Neutral	Agree
7. I excel at noticing typos or other small errors.		
Disagree	Neutral	Agree
8. If I'm in the middle of something and I get an email, I'll wait to read it until after I'm finished.		
Disagree	Neutral	Agree

9. If someone talks slowly, I get antsy.	Disagree	Neutral	Agree
10. I can push through boring tasks if I know they're important.	Disagree	Neutral	Agree
11. I finish the task I'm working on before switching to another one.	Disagree	Neutral	Agree
12. I often scroll through my phone while doing something else, like watching TV.	Disagree	Neutral	Agree
13. I finish what I start.	Disagree	Neutral	Agree
14. If someone interrupts me when I'm working, it's easy for me to get back on track.	Disagree	Neutral	Agree
15. Once I notice my mind starts to wander, I am able to redirect it to the task at hand.	Disagree	Neutral	Agree
16. I get impatient when I have to wait my turn for something.	Disagree	Neutral	Agree
17. I'm good at keeping track of important objects like my keys or wallet.	Disagree	Neutral	Agree
18. If I don't do a task right when I think of it, I'll usually forget to do it later.	Disagree	Neutral	Agree
19. I'm a good listener.	Disagree	Neutral	Agree
20. If someone gives me multiple instructions at once, I'll remember all of them.	Disagree	Neutral	Agree
Total score:			

## Scoring

- The test uses a self-report questionnaire where respondents rate statements about their focus habits (e.g., "I often lose track of time when working on tasks") on a Likert scale (e.g., 1 = "Strongly Disagree" to 5 = "Strongly Agree").
- Total scores are calculated by summing responses, with higher scores indicating better sustained attention and lower scores suggesting a shorter attention span.

## Interpretation

- High scores (e.g., consistent "Agree" responses) suggest strong focus and task persistence.
- Low scores (e.g., frequent "Disagree" responses) may indicate challenges with sustained attention, potentially linked to distractions, stress, or conditions like ADHD.

## Additional notes

## Healthcare information

**Name:**

**License ID:**

**Signature:**

**Date of assessment:**