

# High Functioning ADHD Test

Name:

Date:

Answer 'Yes' or 'No' to the following questions based on your experiences over the past six months.

Attention Challenges	Yes	No
1. Do you often find it hard to focus on tasks, especially routine or detailed ones?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you frequently distracted by unrelated thoughts or external events when you need to concentrate?	<input type="checkbox"/>	<input type="checkbox"/>

Impulsivity	Yes	No
1. Do you make decisions impulsively without fully thinking them through?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you often interrupt others or struggle with waiting for your turn in conversations?	<input type="checkbox"/>	<input type="checkbox"/>

Hyperactivity (Internalized)	Yes	No
1. Do you often feel restless or constantly seek mental stimulation?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you usually engaged in multiple projects but struggle to complete them?	<input type="checkbox"/>	<input type="checkbox"/>

Time Management and Organization	Yes	No
1. Do you have difficulty managing your time effectively, often late or missing deadlines?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is keeping your personal or workspace organized a consistent challenge for you?	<input type="checkbox"/>	<input type="checkbox"/>

<b>Emotional Sensitivity</b>	<b>Yes</b>	<b>No</b>
1. Do you experience sudden mood swings or heightened emotional responses in daily situations?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you often overwhelmed by tasks that others seem to handle easily?	<input type="checkbox"/>	<input type="checkbox"/>

<b>Social Interactions</b>	<b>Yes</b>	<b>No</b>
1. Do you find it challenging to maintain long-term relationships, either platonic or romantic?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you often told that you misinterpret social cues or overreact to social situations?	<input type="checkbox"/>	<input type="checkbox"/>