

Inattentive ADD Test

Name Nathan Matthews		Age 31				
Part 1: Symptom Checklist						
<i>Instructions: Please indicate the frequency of each symptom using the following scale: 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often.</i>		1	2	3	4	5
Difficulty sustaining attention in tasks or play activities.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Failure to give close attention to details or making careless mistakes.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Seems not to listen when spoken to directly.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Does not follow through on instructions and fails to finish tasks.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Difficulty organizing tasks and activities.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Avoids or is reluctant to engage in tasks that require sustained mental effort.		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loses things necessary for tasks or activities (e.g., keys, paperwork).		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Easily distracted by extraneous stimuli.		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forgetful in daily activities (e.g., doing chores, running errands).		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Total		36				
Part 2: Impact on Daily Life						
<i>Instructions: Describe how the above symptoms impact daily life, work, relationships, and emotional well-being.</i>						
I find it challenging to stay focused at work, leading to missed deadlines and increased stress. In relationships, I often seem distant or disinterested, causing misunderstandings with friends and family. Emotionally, these challenges leave me feeling overwhelmed and frustrated, impacting my overall well-being and self-esteem.						

Mental Health Professional Details**Name of Professional**

Dr. Laura Simmons

License Number

MH2023456

Name of Practice

Greendale Mental Health and Counseling Center

Date of Review

Jan 8, 2024

Additional Notes and Reminders from Your Mental Health Professional

Nathan should consider strategies to improve focus, such as mindfulness exercises and task management techniques. Exploring therapy options focusing on attention management could be beneficial. Regular follow-up sessions are recommended to monitor progress and adjust strategies as needed.