

# Psychological Screening Test

This screening quiz is a symptoms checklist for adult ADD. It is not a diagnostic test. The items below refer to how you have felt and conducted yourself *over the past 6 months*.

## Take the Quiz

*Please note:* This test will only be scored correctly if you answer each one of the questions.

**1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**2. How often do you have difficulty getting things in order when you have to do a task that requires organization?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**3. How often do you have problems remembering appointments or obligations?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

6. How often do you feel overly active and compelled to do things, like you were driven by a motor?

- Never
- Rarely
- Sometimes
- Often
- Very Often

## About Scoring this Psychological Questionnaire

### Scoring:

- Questions 1 to 3: 1 point for “Sometimes”, “Often”, or “Very Often”
- Questions 4 to 6: 1 point for “Often” or “Very Often”

6 Questions: Answering 4 or more questions with the answers indicated above suggests symptoms highly consistent with [ADHD](#) in adults, and further investigation is warranted.