



*We will bring your life back...*

### **Adult ADD/ADHD Test**

Please answer the questions below, rating yourself on each of the criteria shown using the scale below.

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Very Often

#### Part One

1. How often do you make careless mistakes when you have to work on a boring project?
2. How often do you have difficulty keeping your attention when you are doing boring work?
3. How often do you have difficulty focusing on what people say to you?
4. How often do you have trouble wrapping up the final details of a project?
5. How often do you have difficulty getting things in order?
6. When you have a task that requires a lot of thought, how often do you procrastinate starting?
7. How often do you have difficulty finding things at home or at work?
8. How often are you distracted by activity or noise?
9. How often do you have problems remembering appointments?

#### Part Two

10. How often do you fidget or squirm with your hands or feet when you have to sit down for a while?
11. How often do you leave your seat in meetings?
12. How often do you feel restless?
13. How often do you have difficulty relaxing?
14. How often do you feel overly active and compelled to do things?
15. How often do you find yourself talking too much?
16. How often do you find yourself finishing the sentences of the people you are talking to, before they can finish themselves?
17. How often do you have difficulty waiting your turn?
18. How often do you interrupt others?

Add your scores for Part 1 and Part 2 separately. Check your scores using the table below.

Score	Evaluation
0-16	Unlikely to have Adult ADD/ADHD.
17-23	Likely to have Adult ADD/ADHD.
24 or greater	Highly likely to have Adult ADD/ADHD.

If you scored a 17 or higher on either Part 1 or Part 2, you might be suffering from Adult ADD/ADHD.

Trifecta Health can help! Please bring completed form to your intake appointment. To make appointment, please call: (212)-233-2830