

ADULT ADD SELF-ASSESSMENT

"Attention Deficit/Hyperactivity Disorder affects between 2 & 4 percent of adults"

National Resource Center on AD/HD

Symptoms of ADD in adults include restlessness or fidgeting, lack of focus, disorganization, difficulty finishing projects, and misplacing things. While these symptoms can be frustrating, treatment is available in the form of medication and behavior therapy.

Please read each statement carefully. Answer "Yes" if the statement applies to you and "No" if it does not.

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| 1. I have trouble wrapping up the final details of a project once the challenging parts have been done. | YES | NO |
| 2. When I have a task that requires a lot of thought, I often avoid or delay getting started. | YES | NO |
| 3. I have difficulty getting things in order when I have to do a task that requires organization. | YES | NO |
| 4. I have problems remembering appointments or obligations. | YES | NO |
| 5. I fidget or squirm with my hands or feet when I have to sit down for a long time. | YES | NO |
| 6. I often feel overly active and compelled to do things, like I am driven by a motor. | YES | NO |
| 7. Those close to me often comment or complain about my lack of focus and disorganization. | YES | NO |
| 8. My inability to complete tasks or restlessness has caused me problems at work or home. | YES | NO |
| 9. My lack of focus and disorganization cause me emotional stress. | YES | NO |
| 10. I have trouble listening to instructions before starting an activity. | YES | NO |

Give each "Yes" 1 point (each "No" gets 0 points).

TOTAL SCORE: _____

SCORE:

- 0-2 You may have occasional problems with distraction or impulse control, but for the most part it isn't a concern. If you begin to experience more frequent symptoms on a daily basis, contact Workplace Solutions for assistance.
- 3-5 You have some symptoms of Adult ADD. If these problems are evident both at work and at home or in social situations, contact Workplace Solutions and a counselor can discuss your symptoms. A counselor can help you discover new coping mechanisms for you and/or recommend other resources for treatment.
- 6-10 You have significant symptoms of an Attention Deficit/Hyperactivity Disorder. ADD is very treatable. Behavioral therapy, medication and basic lifestyle changes have all been proven effective. Call Workplace Solutions for assistance.

HELPFUL LINKS:

- OneADDPlace.com
<http://www.oneaddplace.com/adult-add.php>
- National Resource Center for ADIHD
www.help4adhd.org
- Attention Deficit Disorder Association
<http://www.add.org/>

RECOMMENDED READING:

- *Driven to Distraction* by Edward Hallowell & John Ratey (1995)
- *Delivered from Distraction* by Edward Hallowell & John Ratey (2005)
- *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction & Accomplish Your Goals* by Stephanie Moulton Sarkis (2006)