

# Adult ADD Self-Assessment

*“Attention deficit/hyperactivity disorder affects between 2 & 4 percent of adults”*

National Resource Center on AD/HD

Attention deficit/hyperactivity disorder is usually called ADD in adults because they have commonly lost the hyperactivity part of ADD. Often restlessness or fidgeting is found in adults, along with a 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.

**Read each of the statements below carefully. Answer YES if the statement applies to you.**

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

**Scoring your self assessment**

**Total Score** \_\_\_\_\_

Yes = 1

No = 0

**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 begins to experience more symptoms on a daily basis, contact your EAP for assistance.
- 3-5 You have some symptoms of Adult ADD, they can be signs of a serious problem. If these problems are evident both at work and at home or in social situations, contact your EAP and a counselor can discuss your symptoms. An EAP 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 life style changes have all been proven effective. Call your EAP for assistance.

**Helpful Links:**

[OneADDPlace.com](http://OneADDPlace.com)

[Children and Adults with Attention Deficit Hyperactivity Disorder](#)

[Attention Deficit Disorder Association](#)

**Recommended Reading:**

Hallowell, Edward, & Ratey, John. (1994) [Delivered from Distraction](#). Ballantine Books.

Murphy, Kevin, & Levert, Suzanne. (1995). [Out of the Fog](#). Hyperion.

**For Confidential Assistance  
800-327-5071  
Or contact us online**