

# Child AD/HD Assessment

*“Attention deficit/hyperactivity disorder affects between 3 & 7 percent of school aged children”*  
National Resource Center on AD/HD

Attention deficit/hyperactivity disorder is usually seen in children who have problems with attention, impulse control, and overactivity. Studied for over a century, AD/HD has 3 recognized subtypes: inattentive, hyperactive-impulsive, and combined. While children who display these symptoms can be difficult to deal with, 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 your child’s behavior in the last six months.**

- |   |            |           |
|---|------------|-----------|
| 1. My child has a hard time listening and following instructions.   | <b>Yes</b> | <b>No</b> |
| 2. My child tends to be disorganized and forgetful.   | <b>Yes</b> | <b>No</b> |
| 3. Frequently my child runs, jumps, and climbs and cannot stay seated in situations where other children are calmly seated. | <b>Yes</b> | <b>No</b> |
| 4. My child acts and speaks without thinking.   | <b>Yes</b> | <b>No</b> |
| 5. My child is having problems completing class work or homework and teachers have expressed concern over this.             | <b>Yes</b> | <b>No</b> |
| 6. My child fidgets with hand or feet or squirms in his/her seat.   | <b>Yes</b> | <b>No</b> |
| 7. My child has a short fuse and sometimes starts physical fights.  | <b>Yes</b> | <b>No</b> |
| 8. My child is easily distracted by noises or other stimuli.  | <b>Yes</b> | <b>No</b> |
| 9. My child blurts out answers before questions have been completed.  | <b>Yes</b> | <b>No</b> |
| 10. My child often shifts from one uncompleted task to another.   | <b>Yes</b> | <b>No</b> |

**Scoring your self assessment**

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

Yes = 1  
No = 0

**Score:**

- 0-2 Your child may have occasional problems with overactivity or impulse control, but for the most part it isn't a concern. If your child begins to experience more symptoms on a daily basis, contact your EAP for assistance. If you have questions about discipline and/or normal behavior for children your child's age, your EAP can help.
- 3-5 Your child's symptoms can either denote a problem with discipline or it can be signs of a more serious problem. If these problems are evident both at school and at home or in social situations, contact your EAP and a counselor can discuss your child's symptoms. An EAP counselor can help you discover new coping mechanisms for your family and/or recommend other resources for treatment.
- 6-10 Your child could be experiencing symptoms of an attention deficit/hyperactivity disorder. AD/HD is also very treatable. Behavioral therapy, medication and basic life style changes have been proven effective in treatment. Call your EAP for assistance.

**Helpful Links:**

[National Institute of Mental Health](#)

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

[Center for Disease Control/National Center on Birth Defects and Developmental Disabilities](#)

[National Resource Center on AD/HD](#)

**Recommended Reading:**

Hallowell, Edward, & Ratey, John. (2005). [Delivered from Distraction](#). Ballantine Books.

Monastra, Vincent (2004). [Parenting Children with ADHD](#). American Psychological Association.

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