

Jasper/Goldberg Adult ADD and ADHD Screening Quiz

Note that it is difficult to diagnoses ADD in the presence of drug or alcohol abuse. These disorders result in lack of concentration, irritability, distractibility, and impulsivity. The best evidence for adult ADD is a childhood diagnosis of ADD or of clear evidence that ADD symptoms came before substance or alcohol use.

1. At home, work, or school, I find my mind wandering from tasks that are uninteresting or difficult.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. I find it difficult to read written material unless it is very interesting or very easy.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

3. Especially in groups, I find it hard to stay focused on what is being said in conversations.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. I have a quick temper... a short fuse.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. I am irritable, and get upset by minor annoyances.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. I say things without thinking, and later regret having said them.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. I make quick decisions without thinking enough about their possible bad results.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

8. My relationships with people are made difficult by my tendency to talk first and think later.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. My moods have highs and lows.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

10. I have trouble planning in what order to do a series of tasks or activities.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I easily become upset.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

12. I seem to be thin skinned and many things upset me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

13. I almost always am on the go.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

14. I am more comfortable when moving than when sitting still.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

15. In conversations, I start to answer questions before the questions have been fully asked.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

16. I usually work on more than one project at a time, and fail to finish many of them.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

17. There is a lot of "static" or "chatter" in my head.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

18. Even when sitting quietly, I am usually moving my hands or feet.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

19. In group activities it is hard for me to wait my turn.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

20. My mind gets so cluttered that it is hard for it to function.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

21. My thoughts bounce around as if my mind is a pinball machine.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

22. My brain feels as if it is a television set with all the channels going at once.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

23. I am unable to stop daydreaming.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

24. I am distressed by the disorganized way my brain works.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

Totals:
Not at all ___
Just a little ___
Somewhat ___
Moderately ___
Quite a lot ___
Very Much ___