

Do You Have Attention Deficit Disorder?

By Amy Scholten, MPH

Attention deficit disorder is a condition in which a person has difficulty paying attention and focusing. This may be coupled with an inability to sit still (attention deficit hyperactivity disorder). Attention deficit disorder can impair performance at work, school, and in relationships. The following assessment may help you determine if you have symptoms that could be related to attention deficit disorder. Please keep in mind that this is a *general* assessment, not a diagnostic tool. Please see a mental health provider for more in-depth testing.

Please select the answer that best describes how you have behaved **during most of your life**.

1. **I make decisions quickly and don't always consider consequences.**

Rarely (1)

Sometimes (5)

Frequently(10)

2. **My mind wanders away from tasks that are difficult or boring.**

Rarely (1)

Sometimes (5)

Frequently (10)

3. **I'm focused and attentive in conversations, especially when I'm in groups.**

Rarely(10)

Sometimes (5)

Frequently(1)

4. **I get into trouble in my relationships by talking before thinking.**

Rarely(1)

Sometimes (5)

Frequently (10)

5. **I'm easily distracted.**

Rarely (1)

Sometimes (5)
Frequently (10)

6. **I tend to skip through reading material unless it's really interesting or easy to read.**

Rarely (1)
Sometimes (5)
Frequently (10)

7. **I have difficulty finishing projects.**

Rarely (1)
Sometimes (5)
Frequently (10)

8. **I listen carefully to directions.**

Rarely (10)
Sometimes (5)
Frequently (1)

9. **I tend to misplace things like my car keys, wallet and other common items.**

Rarely (1)
Sometimes (5)
Frequently (10)

10. **I get distracted by daydreams.**

Rarely (1)
Sometimes (5)
Frequently (10)

11. **I answer questions before the person has finished asking me the question.**

Rarely (1)
Sometimes (5)
Frequently (10)

12. **I'm good at planning and following through with a series of tasks and activities.**

Rarely (10)
Sometimes (5)
Frequently (1)

13. I'm very attentive to details.

- Rarely (10)
- Sometimes (5)
- Frequently (1)

14. I work on many tasks at once and finish them all.

- Rarely (10)
- Sometimes (5)
- Frequently (1)

15. I have trouble getting started on projects.

- Rarely (1)
- Sometimes (5)
- Frequently (10)

16. When under pressure, my mind goes blank.

- Rarely (1)
- Sometimes (5)
- Frequently (10)

Attention Deficit Score

16-24	Your score suggests that you do not have attention deficit disorder.
25-80	Your score suggests that you may have some difficulty concentrating but probably do not have attention deficit disorder.
81-115	Your score suggests that you experience some impairment that could be related to attention deficit disorder or a related condition.
116-160	Your score suggests that you have a high level of impairment from attention deficit disorder or a related condition. Consider seeing a professional for further screening.

Source:

Copyright © Amy Scholten, MPH, Inner Medicine Publishing. All rights reserved.

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.

DO NOT COPY