

Attention Deficit/Hyperactivity Disorder

(ADHD)



Symptom Checklist

Deciding if a child has ADHD is a process with several steps. There is no single test to diagnose ADHD, and many other problems, like anxiety, depression, sleep problems, and certain types of learning disabilities, can have similar symptoms.

This checklist describes the types of symptoms that a healthcare provider will ask about in the process of deciding whether a child has ADHD. You can use this checklist to help you start the conversation.

Mental health professionals use the American Psychiatric Association's Diagnostic and Statistical Manual, Fifth edition (DSM-5) to help diagnose ADHD.

The criteria are presented in shortened form. Please note that they are provided just for your information. Only trained healthcare providers can diagnose or treat ADHD. If a parent or other adult is concerned about a child's behavior, it is important to discuss these concerns with the child's health care provider



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Simply fill out the child's name, age, and today's date and then check off the signs or symptoms the child has shown. Take the completed checklist to your child's health care provider.

Child's name: _____ Child's age: _____ Today's date: _____

Inattention

Check each item if the child showed the symptom for at least 6 months to an extent that is inappropriate for the child's developmental level.

- Often does not give close attention to details or makes careless mistakes in schoolwork, work, or other activities.
- Often has trouble keeping attention on tasks or play activities.
- Often does not seem to listen when spoken to directly.
- Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (loses focus, gets sidetracked).
- Often has trouble organizing activities.
- Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time (such as schoolwork or homework).
- Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
- Is often easily distracted.
- Is often forgetful in daily activities.

Hyperactivity / Impulsivity

Check each item if the child showed the symptom for at least 6 months to an extent that is disruptive and inappropriate for the child's developmental level.

- Often fidgets with hands or feet or squirms in seat when sitting still is expected.
- Often gets up from seat when remaining in seat is expected.
- Often excessively runs about or climbs when and where it is not appropriate (adolescents or adults may feel very restless).
- Often has trouble playing or doing leisure activities quietly.
- Is often "on the go" or often acts as if "driven by a motor".
- Often talks excessively.
- Often blurts out answers before questions have been finished.
- Often has trouble waiting one's turn.
- Often interrupts or intrudes on others (e.g., butts into conversations or games).

What do you see?

It is helpful to observe the child's behavior in different settings, like at home, school, or with peers. Ask a relative, friend, coach, teacher, or childcare provider to tell you what your child does. Print a blank checklist and forward it to them.

More information:

<http://www.cdc.gov/adhd>

1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>



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