

Child ADD/ADHD Self Test

The following self test has been developed to assist you in helping to determine if your child may be experiencing symptoms related to ADD/ADHD. This is only a preliminary questionnaire and should not be used to diagnose or treat any condition, disorder or disease.

1. Does your child have trouble paying attention to details, making careless mistakes in their schoolwork or chores around the house?

Yes

No

2. Do they often seem to be “spaced out” or somewhere else when you’re speaking to them?

Yes

No

3. Does your child often lose things?

Yes

No

4. Do they have trouble carrying tasks through to completion, often getting distracted before a project is finished?

Yes

No

5. Does your child have noticeable trouble sitting still, often fidgeting or squirming when asked to stay in one place?

Yes

No

6. Has your child's teacher spoken to you about disciplinary problems with your child's behavior?

Yes

No

7. Does your child talk excessively or speak impulsively in situations where they need to be quiet?

Yes

No

8. Do they often interrupt someone else before they're done speaking, such as blurting out the answers to questions before they've been finished?

Yes

No

9. Do they have trouble sharing or waiting their turn in group activities?

Yes

No

10. Do they seem to be very easily distracted by external stimuli?

Yes

No

11. Does your child often seem to be daydreaming in situations where they're expected to pay attention?

Yes

No

12. Does your child seem overly prone to forgetfulness?



Yes



No