

AMEN ADULT ADD CHECKLIST

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Please read this list of behaviors and rate yourself(or the person who has asked you to rate him or her) on each behavior listed. Use the following scale and place the appropriate number next to the item.

Please rate yourself on each symptoms listed below on a scale from 0-4.

In rating yourself, please use the following scale

0-----1-----2-----3-----4

Never Rarely Occasionally Frequently Very Frequently

1	History of ADD symptoms in childhood, such as distractibility, short attention span, impulsivity or restlessness
2	History of not living up to potential in school or work (report cards with comments such as "not living up to potential")
3	History of frequent behavior problems in school
4	History of bedwetting past 5 years old
5	Family history of ADD, learning problems, mood disorders or substance abuse problems
6	Short attention span, unless very interested in something
7	Easily distracted, tendency to drift away
8	Lacks attention to detail
9	Trouble listening carefully to directions
10	Frequently misplace things
11	Skips around while reading or trouble staying on track
12	Difficulty learning new games, because it is hard to stay on track during directions
13	Easily distracted during sex, causing frequent breaks or turn offs during lovemaking
14	Poor listening skills
15	Tendency to be easily bored (spaces out)
16	Restlessness, constant motion, legs moving, fidgetiness
17	Has to be moving in order to think
18	Trouble sitting still, such as trouble sitting in one place for too long, sitting at a desk job for long periods, sitting through a movie
19	An internal sense of anxiety or nervousness
20	Impulsive, in words and/or actions (such as spending)
21	Say just what comes to mind without considering its impact
22	Trouble going through established channels, trouble following proper procedure, an attitude of "read the directions when all else fails"
23	Impatient, low frustration tolerance
24	A prisoner of the moment
25	Frequent traffic violations
26	Frequent, impulsive job changes
27	Tendency to embarrass others
28	Lying or stealing on impulse
29	Poor organization and planning, trouble maintaining an organized work/living area
30	Chronically late or chronically in a hurry

31	Often have piles of things
32	Easily overwhelmed by tasks of daily living
33	Poor financial management (late bills, check book a mess, spending unnecessary money on late fees)
34	Need others to organize you in order to be successful at something
35	Chronic procrastination or trouble getting started
36	Starting projects not finished, poor follow through
37	Enthusiastic beginnings but poor endings
38	Spends excessive time at work because of inefficiencies
39	Inconsistent work performance
40	Chronic sense of underachievement, feeling you should be much further along in your life than you are
41	Chronic problems with self-esteem
42	Sense of impending doom
43	Frequent mood swings
44	Negativity
45	Trouble sustaining friendships or intimate relationships
46	Trouble with intimacy
47	Failure to see others' needs or activities as important
48	Lack of talking in a relationship
49	Verbally abusive to others
50	Proneness to hysterical outburst
51	Avoids group activities
52	Trouble with authority
53	Quick responses to slights that are real or imagined
54	Rage outbursts, short fuse
55	Frequent search for high stimulation (bungee jumping, gambling, race track, doing many things at once, etc.)
56	Tendency to seek conflict, be argumentative or to start disagreements for the fun of it
57	Tendency to worry needlessly and endlessly
58	Tendency toward addictions (food, alcohol, drugs, work)
59	Switches around numbers, letters and words
60	Turn words around in conversations
61	Poor writing skills (hard to get information from brain to pen)
62	Poor handwriting, often prints
63	Coordination difficulties
64	Performance becomes worse under pressure
65	Test anxiety, or during tests your mind goes blank
66	The harder you try, the worse it gets
67	Work or school work deteriorates under pressure
68	Tendency to turn off or become stuck when asked questions in social situations
69	Falls asleep or becomes tired while reading
70	Difficulties falling asleep, may be due to too many thoughts at night
71	Difficulty coming awake (may need coffee or other activity before feeling fully awake)
72	Periods of low energy, especially early in the morning and in the afternoon
73	Frequently feeling tired
74	Startles easily
75	Sensitive to touch, clothes, noise and light
76	Frequent feeling of demoralization or that things won't work out for you