

ADHQ (Self- Report)

Last Name _____ First Name _____ Date _____

Birth date _____ Age _____ Grade _____

1. Did you ever have trouble staying in your seat? At school? At work?
At home? (e.g. during dinner)? Yes No
2. Were you always moving in your chair? Were you always told to stop or to sit still? Yes No
3. Was it ever difficult for you to play quietly? Did you ever get in trouble for not playing quietly? Yes No
4. Did you talk a lot? All the time? More than other kids? Was it ever a problem? Yes No
5. Did you often do one thing and then start something else without finishing the first thing? (e.g. house chores) What about starting on a game and running off to do something else? Yes No
6. Did you ever have trouble paying attention? Do you usually have trouble keeping your mind on schoolwork or a project? Yes No
7. Did you ever have trouble finishing things (e.g. homework, chores)? Did you have trouble following instructions? Did the teacher ever have to tell you what to do after the rest of the class had already started doing it? Yes No
8. Could almost anything get your mind off of what you were doing? At school? At work? In a game? When there were noises or people moving around in the room, did you have trouble sticking to what you were doing? Yes No
9. Did you talk when others were talking without waiting until they were finished? Do you do this a lot? Yes No
10. Did you ever give answers to questions before someone finished asking? Did you call out answers in school without the teacher called on you? Yes No
11. Was it hard for you to wait your turn while playing with other kids? Did you push in line? Was it hard to wait in line at the store or at the movies? Yes No
12. Did you get in trouble because you rushed into doing things without thinking about what might happen? Like running into the street without looking? Yes No
13. Did you often lose things? (e.g. toys, books, etc.)? How often? What about losing papers from school, like permission slips? Yes No
14. Did your parents or your teachers ever complain that you did not listen to them? How often? Yes No

