

ADOLESCENT ADHD INVENTORY (12-18)

Adolescent's name Age DOB

Date of Completion the Form:

Person, Completing the Form:

		Nev er	A little bit	More so	A lot so
1	Listens and tries to pay attention in class or in conversation, but mind often drifts; misses out on desired information	0	1	2	3
2	Has excessive difficulty getting started on tasks such as homework	0	1	2	3
3	Feels excessively stressed or overwhelmed by tasks that should be manageable (e.g., "no way I can do all this now; this is way too much" – though it really isn't all that bad.	0	1	2	3
4	"Spaces out" involuntarily and frequently when doing assigned reading; keeps thinking of things that have nothing to do with what is being read	0	1	2	3
5	Is easily sidetracked; starts one task then switches to doing something less important	0	1	2	3
6	Loses track in assigned reading of what has just been read and needs to read it again; understands the words, but what was read "just doesn't stick"	0	1	2	3
7	Studies information but cannot remember it easily when it is wanted (e.g., knows it well the night before a test but cannot adequately recall it for test the next day)	0	1	2	3
8	Remembers some of the details in assigned reading but has difficulty grasping the main idea	0	1	2	3
9	Is easily frustrated and excessively impatient	0	1	2	3
10	Bogs down when presented with many things to do; has difficulty getting organized and the getting started	0	1	2	3
11	Procrastinated excessively, keeps putting things off: "I'll do it later," or "I'll do it tomorrow."	0	1	2	3
12	Feels sleepy or tired during the day, even after a decent sleep the night before	0	1	2	3
13	Gets nervous and "freezes" when taking tests or exams; seems unable to get organized and begin	0	1	2	3
14	Cannot complete assignments or tests in the time that is given; needs extra time to finish satisfactorily	0	1	2	3
15	Intends to do things but forgets (e.g., take needed papers to or from school, turn off appliances, return phone calls, keep appointments, do assignments).	0	1	2	3
16	Is criticized by others or self for being lazy	0	1	2	3
17	Produces inconsistent quality of work; performance quite variable (e.g., high grades and low grades in same subject for no apparent reason)	0	1	2	3
18	Is sensitive to criticism from others; feels it deeply or for a long time; gets overly defensive	0	1	2	3
19	Tends to be slow to react or to get started; sluggish or slow-moving; doesn't jump right into things; slow to answer question or to get ready to do something.	0	1	2	3
20	Becomes irritated easily; "short-fused" with sudden outbursts of anger	0	1	2	3
21	Is Excessively rigid or is a perfectionist (has to get things just so, "picky, picky, picky")	0	1	2	3

		Never	A little bit	More so	A lot so
22	Receives criticism for not working up to potential (e.g., “could do so much better if only... would try harder or work more consistently”)	0	1	2	3
23	Gets lost in daydreaming or is preoccupied with own thoughts.	0	1	2	3
24	Has difficulty expressing anger appropriately to others; doesn't stand up for self	0	1	2	3
25	“Runs out of steam” and doesn't follow through; effort fades quickly	0	1	2	3
26	Is easily distracted from tasks by background noises or activities; needs to check out whatever else is going on	0	1	2	3
27	Is hard to wake up in the morning' finds it difficulty to get out of bed and get going	0	1	2	3
28	In writing, must repeatedly erase, scratch out, or start over because of minor mistakes.	0	1	2	3
29	Frequently feels discouraged, depressed, sad, or down	0	1	2	3
30	Tends to be a loner among peers, keeps to self and is shy; doesn't play or talk much with friends of same age	0	1	2	3
31	Appears apathetic or unmotivated (others think he/she doesn't care at all about his/her work)	0	1	2	3
32	Stares off into space; seems “out of it”	0	1	2	3
33	Often leaves out words or letters in writing	0	1	2	3
34	Has sloppy, hard-to-read penmanship	0	1	2	3
35	Forgets to bring (or loses track of) needed items such as, keys, textbooks, pencils, completed assignments (“I know it's here someplace; I just can't find it right now...”)	0	1	2	3
36	Doesn't seem to be listening and gets complaints about it from teachers and others	0	1	2	3
37	Needs to be reminded by teachers or others to get started or to keep working on assigned tasks	0	1	2	3
38	Has difficulty memorizing (e.g., vocabulary, math facts, names, dates).	0	1	2	3
39	Misunderstands directions for assignments	0	1	2	3
40	Starts tasks (e.g., homework, chores) but doesn't finish them.	0	1	2	3