

ADHD Quick Check Questionnaire

A brief screening questionnaire for possible ADHD

Please complete all sections where possible

1 Patient details

PATIENT NAME

DATE OF BIRTH

TODAY'S DATE

2 Current ADHD symptoms

Tick symptoms that are frequent and persistent

Consider your usual experience over the past 6 months, not only unusually stressful periods.

- ☐ 1 Often misses details or makes careless mistakes.
- ☐ 2 Often has difficulty sustaining attention in tasks or conversations.
- ☐ 3 Often seems not to listen when spoken to directly.
- ☐ 4 Often does not follow through or leaves tasks unfinished.
- ☐ 5 Often has difficulty organising tasks and activities.
- ☐ 6 Often avoids or delays tasks requiring sustained mental effort.
- ☐ 7 Often loses items needed for tasks or activities.
- ☐ 8 Is often easily distracted by unrelated thoughts or stimuli.
- ☐ 9 Is often forgetful in daily activities.

Continue to the next page for hyperactive and impulsive symptoms.

2 Current ADHD symptoms - continued

Tick symptoms that are frequent and persistent

- ☐ **10** Often fidgets, taps, or feels internally restless.
- ☐ **11** Often leaves a seat when remaining seated is expected.
- ☐ **12** Often feels restless or finds it hard to remain still.
- ☐ **13** Often finds it difficult to engage quietly in leisure activities.
- ☐ **14** Is often "on the go" or uncomfortable being still for long.
- ☐ **15** Often talks excessively.
- ☐ **16** Often answers before a question is completed or finishes others' sentences.
- ☐ **17** Often has difficulty waiting their turn.
- ☐ **18** Often interrupts or intrudes on others.

3 Areas of current impairment

Tick all areas significantly affected

- | | |
|---|--|
| ☐ Work or study performance | ☐ Organisation and time management |
| ☐ Relationships or family life | ☐ Managing household responsibilities |
| ☐ Finances or administration | ☐ Driving or road safety |
| ☐ Emotional wellbeing or self-esteem | ☐ Other (describe in comments) |

BRIEFLY DESCRIBE THE MAIN IMPACT ON DAILY LIFE

4 Childhood symptoms (approximately ages 5-12)

Complete from memory and/or collateral information

Tick items that were clearly present before age 12. Add examples or sources where available.

- ☐ **1** Frequently inattentive, daydreamy, or easily distracted.
- ☐ **2** Often forgot instructions, belongings, homework, or daily tasks.
- ☐ **3** Had difficulty completing schoolwork or chores without supervision.
- ☐ **4** Was disorganised or had poor time awareness.
- ☐ **5** Fidgeted, moved excessively, or found it hard to stay seated.
- ☐ **6** Talked excessively, called out, or interrupted others.
- ☐ **7** Acted impulsively or had difficulty waiting.
- ☐ **8** Symptoms were noticed in more than one setting (for example, home and school).
- ☐ **9** Symptoms caused meaningful difficulty with learning, behaviour, friendships, or family life.

CHILDHOOD EXAMPLES / SCHOOL REPORTS / INFORMANT COMMENTS**5 Additional comments****COMMENTS OR CONTEXT**