



# PAIN & ARTHRITIS CENTER, P.C.

## INTERVENTIONAL PAIN MANAGEMENT

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# ADHD QUESTIONNAIRE

Patient Name (Printed): \_\_\_\_\_

DOB: \_\_\_\_\_

### Carelessness

	None	Mild	Moderate	Severe
1. Do you make a lot of mistakes (at home or work)?	0	1	2	3
2. Is this because you're careless?	0	1	2	3
3. Do you rush through work or activities?	0	1	2	3
4. Do you have trouble with detailed work?	0	1	2	3
5. Do you not check your work?	0	1	2	3
6. Do people complain that you're careless?	0	1	2	3
7. Are you messy or sloppy?	0	1	2	3
8. Is your desk or workspace so messy that you have difficulty finding things?	0	1	2	3

### Difficulty sustaining attention in activities

	None	Mild	Moderate	Severe
9. Do you have trouble paying attention when watching movies, reading, or attending lectures? Or on fun activities such as sports or board games? Is it hard for you to keep your mind on school or work? Do you have unusual trouble staying focused on boring or repetitive tasks? Does it take a lot longer than it should to complete tasks because you can't keep your mind on the task?	0	1	2	3
10. Is it even harder for you than some others you know?	0	1	2	3
11. Do you have trouble remembering what you read and do you need to re-read the same passage several times?	0	1	2	3

### Doesn't listen

	None	Mild	Moderate	Severe
12. Do people (spouse, boss, colleagues, friends) complain that you don't seem to listen or respond (or daydream) when spoken to or when asked to do tasks? A lot?	0	1	2	3
13. Do people have to repeat directions?	0	1	2	3
14. Do you find that you miss the key parts of conversations because of drifting off in your own thoughts? Does it cause problems?	0	1	2	3

<b>No follow through</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
15. Do you have trouble finishing things (such as work or chores)?	0	1	2	3
16. Do you often leave things half done and start another project?	0	1	2	3
17. Do you need consequences (such as deadlines) to finish?	0	1	2	3
18. Do you have trouble following instructions (especially complex, multistep instructions that have to be done in a certain order with different steps)?	0	1	2	3
19. Do you need to write down instructions, otherwise you will forget them?	0	1	2	3
<b>Can't organize</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
20. Do you have trouble organizing tasks into ordered steps? Is it hard prioritizing work and chores?	0	1	2	3
21. Do you need others to plan for you?	0	1	2	3
22. Do you have trouble with time management? Does it cause problems?	0	1	2	3
23. Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible?	0	1	2	3
<b>Avoids/dislikes tasks required sustained mental effort</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
24. Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay focused on how hard is it?	0	1	2	3
25. Do you procrastinate and put off tasks until the last moment?	0	1	2	3
<b>Loses important items</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
26. Do you lose things (e.g. important work papers, keys, wallet, coats, etc.)? A lot? More than others?	0	1	2	3
27. Are you constantly looking for important items?	0	1	2	3
28. Do you get into trouble for this (at work or at home)?	0	1	2	3
29. Do you need to put items (e.g. glasses, wallet, keys) in the same place each time, otherwise you will lose them?	0	1	2	3
<b>Easily distractible</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
30. Are you ever very easily distracted by events around you such as noise (conversation, TV, radio), movement, or clutter?	0	1	2	3
31. Do you need relative isolation to get work done?	0	1	2	3
32. Can almost anything get your mind off what you are doing, such as work, chores, or you're talking to someone?	0	1	2	3
33. Is it hard to get back to a task once you stop?	0	1	2	3

<b>Forgetful in daily activities</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
34. Do you forget a lot of things in your daily routine? Like what? Chores? Work? Appointments or obligations?	0	1	2	3
35. Do you forget to bring things to work, such as work materials or assignments due that day?	0	1	2	3
36. Do you need to write regular reminders to yourself to do most activities or tasks, otherwise you will forget?	0	1	2	3
<b>Squirms and fidgets</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
37. Can you sit still or are you always moving your hand or feet, or fidgeting in your chair?	0	1	2	3
38. Do you tap your pencil or your feet? A lot? Do people notice?	0	1	2	3
39. Do you regularly play with your hair or clothing?	0	1	2	3
40. Do you consciously resist fidgeting or squirming?	0	1	2	3
<b>Can't stay seated</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
41. Do you have trouble staying in your seat? At work? At home (eg. Watching TV, eating dinner)? In church or temple?	0	1	2	3
42. Do you choose to walk around rather than sit?	0	1	2	3
43. Do you have to force yourself to remain seated?	0	1	2	3
44. Is it difficult for you to sit through a long meeting or lecture?	0	1	2	3
45. Do you try to avoid going to functions that require you to sit for long periods of time?	0	1	2	3
<b>Runs/Climbs excessively</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
46. Are you physically restless? Do you feel restless inside?	0	1	2	3
47. Do you feel restless inside? A lot?	0	1	2	3
48. Do you feel more agitated when you cannot exercise on an almost daily basis?	0	1	2	3
<b>Can't play/work quietly</b>	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
49. Do you have a hard time playing/working quietly?	0	1	2	3
50. During leisure activity (nonstructured times or on your own such as reading a book, listening to music, playing a board game), are you agitated or dysphoric?	0	1	2	3
51. Do you always need to be busy after work or while on vacation?	0	1	2	3

**On the go, “driven by a motor”**

	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
52. Is it hard for you to slow down?	0	1	2	3
53. Do you feel like you (often) have a lot of energy and that you always have to be moving, are always “on the go”?	0	1	2	3
54. Do you feel like you’re driven by a motor?	0	1	2	3
55. Do you feel unable to relax?	0	1	2	3

**Talks excessively**

	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
56. Do you talk a lot? All the time? More than other people?	0	1	2	3
57. Do people complain about your talking? Is it a problem?	0	1	2	3
58. Are you often louder than the people you a talking to?	0	1	2	3

**Blurts out answers**

	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
59. Do you give answers to questions before someone finishes asking?	0	1	2	3
60. Do you say things before it is your turn?	0	1	2	3
61. Do you say things that don’t fit into the conversation?	0	1	2	3
62. Do you do things without thinking? A lot?	0	1	2	3

**Can’t wait for turn**

	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
63. Is it hard for you to wait your turn (in conversation, in lines, while driving)?	0	1	2	3
64. Are you frequently frustrated with delays? Does it cause problems?	0	1	2	3
65. Do you put a great deal of effort into planning to not be in situations where you might have to wait?	0	1	2	3

**Intrudes/Interrupts others**

	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
66. Do you talk when others are talking, without waiting until you are acknowledged?	0	1	2	3
67. Do you butt into others’ conversations before being invited?	0	1	2	3
68. Do you interrupt others’ activities?	0	1	2	3
69. Is it hard for you to wait to get your point across in conversations or at meetings?	0	1	2	3

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Have you ever been diagnosed with ADHD? \_\_\_\_\_ If yes, at what age? \_\_\_\_\_

Have you taken medicine in the past for ADHD? \_\_\_\_\_ If yes, what? \_\_\_\_\_

Are you currently taking medication for ADHD? \_\_\_\_\_ If yes, what? \_\_\_\_\_

Have any of your biological parents or siblings ever been diagnosed with ADHD? \_\_\_\_\_

If yes, whom? \_\_\_\_\_

Patient Signature: \_\_\_\_\_