

ADHD Screening Checklist



The clinical criteria break ADHD into two main categories: inattention and hyperactivity/impulsivity. A child can show signs of one or both.

Signs of Inattention

- Careless errors:** Frequently misses small details in schoolwork or chores, leading to mistakes despite understanding the concept.
- Sustaining focus:** Struggles to maintain attention during long tasks, lectures, or reading assignments.
- Appears not to listen:** Often seems like their mind is elsewhere, even when spoken to directly without distractions.
- Following through on instructions:** Frequently starts tasks or chores but loses focus midway and leaves them incomplete.
- Executive dysfunction:** Finds it highly challenging to organize tasks, manage time, keep track of belongings, or plan multi-step school projects. *Executive function* refers to the brain's mental control center used to manage time, focus, and plan.
- Avoidance of mental effort:** Actively avoids or resists tasks requiring sustained, focused thinking (like homework or forms).

Signs of Hyperactivity & Impulsivity

- Fidgeting:** Constantly taps hands or feet, squirms in their seat, or finds it painful to sit still when expected.
- Restlessness:** Frequently leaves their seat in class or feels a constant internal urge to stay in motion.
- Loud play:** Struggles to engage quietly in leisure activities or independent play.
- Driven by a motor:** Acts as if they are constantly "on the go" or energized by an internal engine.
- Excessive talking:** Speaks continuously or blurts out answers before a question is completely finished.
- Interrupting:** Frequently cuts into conversations or games, or struggles to wait for their turn.