

# ADHD Diagnosis Criteria Sheet

## Autism and ND Advocacy Association

### **Instructions:**

Below are the criteria for a diagnosis for ADHD. Individuals with ADHD may freeze up or have anxiety during their diagnostic session. Due to this, we created this sheet to ensure you list and remember every detail for your diagnostic session.

**Symptoms and/or behaviors that have persisted  $\geq 6$  months in  $\geq 2$  settings (e.g., school, home, church). In patients aged  $< 17$  years,  $\geq 6$  symptoms are necessary; in those aged  $\geq 17$  years,  $\geq 5$  symptoms are necessary.**

### **Inattentive Type:**

- ☐ Displays poor listening skills
- ☐ Loses and/or misplaces items needed to complete activities or tasks
- ☐ Sidetracked by external or unimportant stimuli
- ☐ Forgets daily activities
- ☐ Diminished attention span
- ☐ Lacks ability to complete schoolwork and other assignments or to follow instructions
- ☐ Avoids or is disinclined to begin homework or activities requiring concentration
- ☐ Fails to focus on details and/or makes thoughtless mistakes in schoolwork or assignments

Have these symptoms negatively affected academic, social and/or occupational functioning?

Have the symptoms persisted for the past 6 months in the following settings?

Yes, in:

- ☐ School
- ☐ Work
- ☐ Home

**Hyperactive / Impulsive Type:**

- ☐ Squirms when seated or fidgets with feet/hands
- ☐ Marked restlessness that is difficult to control
- ☐ Appears to be driven by “a motor” or is often “on the go”
- ☐ Lacks ability to play and engage in leisure activities in a quiet manner
- ☐ Incapable of staying seated in class
- ☐ Overly talkative
- ☐ Difficulty waiting turn
- ☐ Interrupts or intrudes into conversations and activities of others
- ☐ Impulsively blurts out answers before questions completed

Have these symptoms negatively affected academic, social and/or occupational functioning?

Have the symptoms persisted for the past 6 months in the following settings?

Yes, in:

- ☐ School
- ☐ Work
- ☐ Home

**Additional Requirements:**

- ☐ Symptoms present prior to age 12 years
- ☐ Symptoms not better accounted for by a different psychiatric disorder (e.g., mood disorder, anxiety disorder) and do not occur exclusively during a psychotic disorder (e.g., schizophrenia)
- ☐ Symptoms not exclusively a manifestation of oppositional behavior

**Classifications:****Combined Type:**

- Patient meets both inattentive and hyperactive/impulsive criteria for the past 6 months

**Predominantly Inattentive Type:**

- Patient meets inattentive criterion, but not hyperactive/impulse criterion, for the past 6 months

**Predominantly Hyperactive/Impulsive Type:**

- Patient meets hyperactive/impulse criterion, but not inattentive criterion, for the past 6 months