

Symptoms of Inattentive ADHD with Examples for Adults

1. I often find it difficult to pay attention to details or I make careless mistakes in my work

- Makes careless mistakes
- Works slowly to avoid mistakes
- Works too quickly and therefore makes mistakes
- Does not read instructions carefully
- Overlooks or misses details
- Work is inaccurate
- Gets easily bogged down by details
- Spends too much time completing detailed tasks

2. I often find it difficult to maintain attention on tasks

- Quickly distracted by own thoughts or associations
- Easily distracted by unrelated thoughts
- Asks questions about subjects that have already been discussed
- Difficulty remaining focused during lectures and/or conversations
- Finds it difficult to watch a film through to the end or to read a book*
- Quickly becomes bored with things*
- Not able to keep attention on tasks for long*

**Unless it is something that interests me*

3. I often find it difficult to listen even when spoken to directly.

- Dreamy or preoccupied
- Difficulty concentrating on a conversation
- Afterwards, not knowing what a conversation was about
- Often, I change the subject of a conversation
- Others says my thoughts are else where
- My mind seems lost in the clouds, even when there is no obvious distraction

4. I often find it difficult to follow instructions, finish work or complete chores.

- Muddles things together and never completes
- Starts tasks but quickly loses focus and is easily sidetracked
- Needs a time limit to complete tasks
- Difficulty completing administrative tasks
- Difficultly following instructions from a manual

5. I often find it difficult to organize for tasks and activities.

- Difficultly planning activities of daily life
- Inflexible because of the need to keep to schedules
- Difficulty managing sequential tasks
- Can't create an agenda or use a diary or planner consistently
- Plans too many tasks or non-efficient planning
- Creates schedules but doesn't use them
- Regularly books things to take place at the same time(double-booking)
- Needs other people to structure things
- House and/or workplace are disorganized
- Difficulty keeping materials and belongings in order
- Work is messy and disorganized
- Poor sense and management of time
- Arrives late
- Fails to meet deadlines

6. I often avoid, dislike, or am reluctant to do tasks that require a sustained mental effort (such as reading lengthy instructions or completing my tax return)

- Do the easiest or most attractive activities first
- Often postpone boring or difficult tasks
- Does not like reading due to mental effort
- Avoidance of tasks that require a lot of concentration
- Avoids preparing reports, completing forms, or reviewing lengthy papers
- Postpone tasks so that deadlines are missed
- Avoid monotonous work, such as administration

7. I often lose items needed for tasks and activities

- Mislays tools, paperwork, eyeglasses, mobile telephones, wallet, keys, or agenda
- Often leaves things behind
- Loses papers for work
- Loses notes, lists or telephone numbers
- Loses time searching for things
- Gets in a panic if people move my things around
- Stores things where they don't belong

8. I am often easily distracted

- Difficulty shutting off external stimuli
- After I am distracted, it is difficult to pick up where I left off
- Easily distracted by noises or activity
- Easily distracted by the conversations of others
- Difficulty filtering and/or selecting information I should pay attention to

9. I am often forgetful in daily activities.

- Forgets appointments or other obligations
- Needs frequent reminders for appointments
- Forgets keys, agenda etc.
- Forgets to pay bills or to return calls
- Forgets to keep or look at a daily agenda
- Forgets to do chores or run errands
- Returns home to retrieve forgotten items
- Rigid use of lists to ensure things aren't forgotten

Note: *Often* means at least three times a week.

If you have several checkmarks in 4 or more areas, schedule a visit with your physician

This questionnaire is made available as a public service by the non-profit organization, the Inattentive ADHD Coalition (www.iadhd.org) and was created by Cynthia Hammer, MSW, Executive Director. It is derived from the DSM-5 symptoms of ADHD-Primarily Inattentive and examples of adults inattentive ADHD from the DIVA-2.