



Dyslexia Assessment and Consultancy

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ATTENTION DEFICIT DISORDER CHECKLIST

Most people will experience difficulties related to attention, concentration, impulsiveness and memory at some time. However, those with Attention Deficit Disorder are likely to have frequent and intense difficulty in these areas which affect life at work, at home or when studying.

Tick if YES

Action

Do you have difficulties in the following:

- getting organised at work and in life generally unless you are following a definite routine?
- leaving things, even if important, until the very last moment?
- planning ahead and setting priorities and having the feeling of being overwhelmed?
- finishing activities within the expected time?
- avoiding procrastination?
- getting to sleep?

Attention

- Does your attention fluctuate so there are marked differences in the quality of work you produce on a daily basis?
- Are you easily distracted, perhaps by your own thoughts, even when you are trying hard to focus and be attentive?
- At other times, does an activity absorb your attention to the exclusion of everything else?
- Do you tend to work very quickly or impatiently and make mistakes?
- Are you a perfectionist and work very slowly to avoid making mistakes?
- Do you have problems in shifting your attention to another activity as the need arises?

- Does it seem impossible to concentrate at times, even though you are not anxious or distracted?
- Do you tend to be very forgetful in daily life without regular reminders?
- Do you frequently lose or mislay possessions such as keys, documents, clothing?

Restlessness

- Do you often feel physically or mentally restless?
- Do you feel a need to be always 'on the go'?
- Do you have the feeling that others talk too slowly?
- Is it difficult to wait for others to complete a task, or to wait for your turn?

Impulsivity

- Do you tend to act impulsively without thinking things through?
- Do you tend to say things without thinking of the consequences?
- Do you have difficulty with controlling your emotions when frustrated, or would other people say you can be tactless, or have a 'short fuse'?
- Are you a person who tends to take risks?
- Are you sometimes inconsistent or unpredictable in what you do and say?
- Do you tend to avoid going through the proper procedures, because you can do things more quickly your way?

General

- Do you worry a lot and feel discouraged about things?
- Do you feel a sense of under-achievement, or that there is always some problem which crops up to interfere with your plans?
- Do you have quick changes of mood?
- Are you accident-prone?
- Is it difficult to sustain positive relationships over a period of time?

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