



ADHD Questionnaire

At your appointment, you will be asked questions about your listening skills, attention, and behaviours in childhood before age seven. **If you cannot remember back that far, you will need to ask your parents/carers or siblings, or review your school reports.**

Please note that this information needs to be available to the assessor at your appointment in order for a diagnosis of ADHD to be considered. You don't need to return the form before your appointment.

	Yes	Don't know	No
When you were younger did you often lose things, such as your lunchbox or PE kit?			
Did you blurt out answers to questions before they were completed?			
Did you shuffle in your seat, tap your fingers and feet at school or at home?			
Did you find it easy to focus on work or tasks at school?			
Did you have trouble avoiding distractions?			
Did you, or did others think that you, talked excessively and were unable to remain quiet for long?			
Did you patiently wait your turn during play, tasks, or other activities?			
Did you struggle to listen to others, especially adults directly talking to you?			
Were you able to organise activities or plan how to complete multiple pieces of schoolwork?			

Did you interrupt others' conversations or games?			
Did you run and climb in inappropriate environments or situations?			
Did you remember your daily routine?			
Were you able to take part in leisure activities and games quietly?			
Did you get out of your seat at school during tasks, stand up at the dinner table, or leave your seat when you were expected to remain seated?			
Did you struggle to pay attention to details and make careless mistakes?			