



ADHD Self-Assessment

Think about how you typically function in your daily life and select the response that best describes how often you experience each difficulty.

Question	Not at all	Several days	More than half the days	Nearly every day
1. Do you often have difficulty paying close attention to details or make careless mistakes?				
2. Do you often have trouble staying focused during conversations, tasks, reading, or other activities?				
3. Do you often find it difficult to listen when someone is speaking directly to you?				
4. Do you often start tasks but have difficulty finishing them?				
5. Do you often have difficulty organizing tasks, responsibilities, appointments, or belongings?				
6. Do you often avoid or put off tasks that require sustained mental effort?				
7. Do you often lose or misplace things you need, such as keys, phones, paperwork, or personal items?				
8. Are you often easily distracted by things around you or by your own thoughts?				
9. Do you often forget appointments, obligations, tasks, or other responsibilities?				
10. Do you often feel restless, have difficulty sitting still, or feel the need to stay constantly busy?				
11. Do you often talk more than you intend to, interrupt others, or have difficulty waiting your turn?				
12. Do these difficulties interfere with your work, school, relationships, or everyday responsibilities?				

Important Disclaimer: This self-assessment provided by Mission Psychiatry is intended for informational and educational purposes only. It is not a diagnostic test and does not diagnose ADHD or any other mental health condition. Your results are meant to serve as a helpful guide and starting point for discussion, not as an official diagnosis. Only a qualified healthcare professional can provide a diagnosis after a comprehensive evaluation.