

ADHD/ADD Life Skills Questionnaire

Instructions: Circle the number next to each item that best describes you and your experience.

Attention

	Never	Some Times	Most of the time	Always
I frequently shift from one activity to another	0	1	2	3
I am easily distracted by conversations of co-workers	0	1	2	3
My mind wanders when I try to read reports and memos	0	1	2	3
It is hard for me to return to a task after an interruption	0	1	2	3
My best work is done early or late in the day when there are fewer distractions	0	1	2	3
I daydream frequently at work	0	1	2	3
It is difficult for me to listen consistently during long meetings	0	1	2	3
Sometimes I am oblivious to things occurring around me because I am so absorbed in what I am doing	0	1	2	3
I have difficulty following set procedures	0	1	2	3
I forget to eat	0	1	2	3

Restlessness

	Never	Some Times	Most of the time	Always
I feel very restless if I need to stay still for long	0	1	2	3
I doodle or fiddle with small objects	0	1	2	3
It is hard for me to stay at my desk for a long time	0	1	2	3
I seem to take more breaks than my co-workers/colleagues	0	1	2	3
I tend to tap, fidget, bounce or swing my leg when sitting	0	1	2	3
I prefer work that allows me to move	0	1	2	3
I seem to go at a faster pace than the rest of the world	0	1	2	3
I am impatient with others	0	1	2	3
I interrupt people	0	1	2	3
I dislike waiting in lines	0	1	2	3
I feel like the "energizer bunny"	0	1	2	3

Memory

	Never	Some Times	Most of the time	Always
I tend to forget things if I don't write them down	0	1	2	3
I notice I misplace or loose things	0	1	2	3
I borrow things because I have forgotten or lost my own	0	1	2	3
Remembering people's names is difficult for me	0	1	2	3
I can't remember what I accomplished	0	1	2	3
I like things out where I can see them				

Environmental Sensitivity

	Never	Some Times	Most of the time	Always
I am aware of my environment	0	1	2	3
Bright lights bother me	0	1	2	3
Certain noises irritate me	0	1	2	3
I notice the way things smell	0	1	2	3
Tags in my clothes bother me	0	1	2	3
I am very sensitive to crowded spaces	0	1	2	3
I like to have "background" noise when I work	0	1	2	3
My socks need to be just right	0	1	2	3

I am sensitive to touch	0	1	2	3
I like to be wrapped tight in my blankets	0	1	2	3

Routine

	Never	Some Times	Most of the time	Always
I become bored easily	0	1	2	3
I have changed jobs simply because I needed something new	0	1	2	3
	0	1	2	3
I don't have a consistent routine	0	1	2	3
I am happier thinking up new ideas than carrying them out	0	1	2	3
I am a "big picture" person who dislikes details	0	1	2	3
I sometimes forget about my personal health care and hygiene	0	1	2	3
I have difficulty sleeping or waking	0	1	2	3
I am prone to make careless mistakes when doing boring work	0	1	2	3

Time Awareness

	Never	Some Times	Most of the time	Always
I am late for work or school	0	1	2	3
I am late for appointments	0	1	2	3
Things take longer to do than I originally estimate	0	1	2	3
Things take a shorter time to do than I originally estimate				
I think I can get a lot of things done in a short amount of time	0	1	2	3
I procrastinate	0	1	2	3
I loose track of time	0	1	2	3
Time passes too slowly for me	0	1	2	3
Time passes too quickly for me	0	1	2	

Paperwork

	Never	Some Times	Most of the time	Always
My desk or counters are overflowing with stuff	0	1	2	3
Paperwork takes a long time for me to complete	0	1	2	3
My filing system is disorganized	0	1	2	3
I have trouble doing my bills on time	0	1	2	3
I have many piles on my desk	0	1	2	3
I have difficulty keeping accurate records of expenses tec.	0	1	2	3
I find paperwork very boring or overwhelming	0	1	2	3
I never know what papers to throw away or which to keep	0	1	2	3

Organization

	Never	Some Times	Most of the time	Always
I like structure but have difficulty creating it	0	1	2	3
When I do organize, I am back to clutter within a few days	0	1	2	3
I have difficulty using a planner/blackberry, etc.	0	1	2	3
I often go through my day without a plan, simply reacting to events	0	1	2	3
I tend to rely on others to provide structure for long term projects	0	1	2	3
I have often set unrealistic personal goals	0	1	2	3
I never seem to accomplish my personal daily priorities	0	1	2	3

Emotionality

	Never	Some Times	Most of the time	Always
I am unsure of myself	0	1	2	3
My moods swing up and down more then others	0	1	2	3

I seem to more anxious than others	0	1	2	3
I am prone to over-react emotionally to situations	0	1	2	3
I become easily demoralized by set-backs	0	1	2	3
My life feels like a roller coaster ride	0	1	2	3
Others do not seem to see me as I see myself	0	1	2	3

Social Issues

	Never	Some Times	Most of the time	Always
I am not satisfied with my social life	0	1	2	3
I have difficulty making friends	0	1	2	3
I have difficulty keeping friends	0	1	2	3
I seem to have more conflict with my partner than other people	0	1	2	3
I find it hard to accept criticism	0	1	2	3
I am quick to lose my temper	0	1	2	3
I can be verbally abusive when provoked	0	1	2	3
I find it hard to ask others for help	0	1	2	3
I am easily bored by others	0	1	2	3
I am easily frustrated by the slower pace of others	0	1	2	3
Other people might describe me as being self-centered	0	1	2	3
I tend to be more of a loner than others	0	1	2	3
I seem to lie a lot to others	0	1	2	3

Other

	Never	Some Times	Most of the time	Always
Sometimes I become so mentally exhausted that I can hardly think	0	1	2	3
I have a poor driving record	0	1	2	3
I have experimented with illegal drugs	0	1	2	3
I have problems with spelling	0	1	2	3
My handwriting is difficult to read	0	1	2	3
Math has always been difficult for me	0	1	2	3
I have had chronic employment challenges	0	1	2	3
I am an impulsive shopper	0	1	2	3
I have problems sleeping	0	1	2	3

Everyone experiences slightly different challenges with ADHD/ADD. The questionnaire is divided into sections to help you identify your patterns. Areas you scored a 2 or 3 in are areas of more concern for you.

Below, in your own words, write three things you would like to change.

1. _____
2. _____
3. _____

This questionnaire was modified from one used as part of a Master of Science in Occupational Therapy Dissertation: Adults with Attention Deficit/Hyperactivity Disorder in the Workplace. (2002), Zara Harris, Brunel University, London, UK. It was adapted from an example found in ADD in the workplace, choices, changes and challenges (1997) Nadeau K.