

Attention Difficulties Check List

Name:

Date of Birth:

Please rate the following by circling the appropriate number:

0 Not at all

1 Mild

2 Moderate

3 Severe

Restlessness

Restlessness, constant motion, legs moving, fidgeting? 0 1 2 3

You have to be moving in order to think? 0 1 2 3

You have trouble sitting still eg at a desk, in a meeting, at church,
at table 0 1 2 3

Internal sense of anxiety or nervousness? 0 1 2 3

Impulsiveness

Impulsive in words or in action? Do first think later? 0 1 2 3

Verbal impulsiveness? Say just what comes to mind without
thought (tactless)? 0 1 2 3

Impatient, low frustration tolerance? 0 1 2 3

Insatiability must have it no matter what? 0 1 2 3

Tendency to steal or lie on impulse? 0 1 2 3

Frequent job changes? 0 1 2 3

Frequent traffic violations? 0 1 2 3

Organisational Skills

Difficulties in getting things organised at college,
home and work? 0 1 2 3

Difficulty with planning? 0 1 2 3

Chronic lateness, chaos in the twelfth hour? 0 1 2 3

Piles of things everywhere? 0 1 2 3

Easily overwhelmed by the task at hand? 0 1 2 3

Poor financial management, late bills, chequebook a mess
over spending? 0 1 2 3

Successful because others organise and help? 0 1 2 3

Getting Started

Chronic procrastination or trouble getting started on projects/work? 0 1 2 3

Enthusiastic beginnings, but poor will to follow through? 0 1 2 3

Internal Feelings

Chronic sense of under achievement, feeling you should have done better? 0 1 2 3

Problems with self-esteem? 0 1 2 3

Mood swings? 0 1 2 3

Feeling a sense of impending doom? 0 1 2 3

Negative language? 0 1 2 3

Attention Span

Short attention span unless really interested? 0 1 2 3

Easily distracted, tendency to drift away (although can get hyper focused) 0 1 2 3

Lacks attention to detail due to being easily distracted? 0 1 2 3

Trouble listening and following instructions? 0 1 2 3

Frequently misplaces things? 0 1 2 3

Skips around while reading, or goes to the end first, trouble staying on track? 0 1 2 3

Poor listening skills? One way communication in conversations? 0 1 2 3

Tendency to become easily bored (tunes out)? 0 1 2 3

Interruptions that lead to unfinished tasks, projects, sentence construction? 0 1 2 3