

ADHD Spectrum Test

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Instructions: Read each statement carefully and rate how often it applies to you on a scale of 1 (Never) to 5 (Always).

I have difficulty focusing on tasks for long periods.

1 2 3 4 5

I often lose track of my thoughts or conversations.

1 2 3 4 5

I frequently misplace things or forget appointments.

1 2 3 4 5

I struggle to follow instructions or complete tasks on time.

1 2 3 4 5

I easily get distracted by my surroundings or my own thoughts.

1 2 3 4 5

I feel restless and fidgety even when sitting still.

1 2 3 4 5

I talk excessively or interrupt others when they are speaking.

1 2 3 4 5

I have difficulty waiting my turn or taking turns in activities.

1 2 3 4 5

I blurt out answers or act without thinking through the consequences.

1 2 3 4 5

I feel a constant urge to move around or be active.

1 2 3 4 5

I have trouble planning and organizing my tasks.

1 2 3 4 5

I struggle to prioritize tasks and manage my time effectively.

1 2 3 4 5

I easily become overwhelmed by complex tasks or information.

1 2 3 4 5

I have difficulty starting and finishing tasks.

1 2 3 4 5

I often lose track of deadlines or commitments.

1 2 3 4 5

I get frustrated or angry easily, especially when facing challenges.

1 2 3 4 5

I struggle to control my emotions, leading to impulsive reactions.

1 2 3 4 5

I have difficulty managing my stress or anxiety.

1 2 3 4 5

I experience frequent mood swings or emotional outbursts.

1 2 3 4 5

I have difficulty coping with rejection or criticism.

1 2 3 4 5

I am highly creative and enjoy thinking outside the box.

1 2 3 4 5

I am enthusiastic and passionate about things I am interested in.

1 2 3 4 5

I am a quick learner and can pick up new skills easily.

1 2 3 4 5

I am adaptable and flexible in changing situations.

1 2 3 4 5

I am a highly energetic and active person.

1 2 3 4 5