

**ADD-ADHD Test – Avoid the Risk of Medication- Do The Test Yourself (just like most Doctors would do) and then Fix the Source of the Problem!**

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Here is a typical scenario....

1. You notice you or your child having trouble focusing
2. It becomes worse
3. Teachers begin to complain, or something happens and you feel the need to go to the doctor to “fix” the problem
4. The doctor does a “paper” test to determine if you or your child had ADD-ADHD
5. The doctor prescribes an ADD-ADHD medication that causes major side-effects, violence, dependency, and possibly death.

**Take back control of your destiny!**

**Here is the “New” scenario...**

1. You notice you or your child having trouble focusing
2. It becomes worse
3. Teachers begin to complain, or something happens and you feel the need to “fix” the problem
4. You do the “paper” test yourself (found below) and determine if you or your child has a tendency towards ADD-ADHD (remember technically, ADD-ADHD is nothing more than a list of behaviors)
5. You go to the source of the ADD-ADHD problem (described in great detail in “3Steps to Conquering ADD-ADHD”
6. You give your brain and body the building blocks it needs using the methods found in “3Steps to Conquering ADD-ADHD” and you re-gain focus and concentration!

Online sites that have good ADD-ADHD tests

- <http://www.amenclinic.com/ac/addtests/adult1.asp>
- <http://users.rcn.com/peregrin.enteract/add/addtest.txt>
- <http://www.oneaddplace.com/add-test.php>

## **Sample Adult ADD Test**

- 0 = never
- 1 = rarely
- 2 = occasionally
- 3 = frequently
- 4 = very frequently

**IMPORTANT:** This is not a tool for self-diagnosis. Its purpose is simply to help you determine whether ADD may be a factor in the behavior of the person you are assessing using this checklist. An actual diagnosis can be made only by an experienced professional. If you need a referral to such a professional in your area, contact your local chapter of CH.A.D.D. (Children and Adults with Attention Deficit Disorder).

### **Past History**

- **1)** History of ADD symptoms in childhood, such as distractibility, short attention span, impulsivity or restlessness. ADD doesn't start at age 30.
- History of not living up to potential in school or work (report cards with comments such as "not living up to potential")
- History of frequent behavior problems in school (mostly for males)
- History of bed wetting past age 5
- Family history of ADD, learning problems, mood disorders or substance abuse problems

### **Short Attention Span/Distractibility**

- **2)** Short attention span, unless very interested in something
- **3)** Easily distracted, tendency to drift away (although at times can be hyper focused)
- Lacks attention to detail, due to distractibility
- Trouble listening carefully to directions
- Frequently misplaces things
- Skips around while reading, or goes to the end first, trouble staying on track
- Difficulty learning new games, because it is hard to stay on track during directions
- Easily distracted during sex, causing frequent breaks or turn-offs during lovemaking
- Poor listening skills
- Tendency to be easily bored (tunes out)
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- Restlessness**
- Restlessness, constant motion, legs moving, fidgetiness

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- \_ Has to be moving in order to think
- \_ Trouble sitting still, such as trouble sitting in one place for too long, sitting at a desk job for long periods, sitting through a movie
- \_ An internal sense of anxiety or nervousness

Impulsivity

- \_ Impulsive, in words and/or actions (spending)
- \_ Say just what comes to mind without considering its impact (tactless)
- \_ Trouble going through established channels, trouble following proper procedure, an attitude of "read the directions when all else fails"
- \_ Impatient, low frustration tolerance
- \_ A prisoner of the moment
- \_ Frequent traffic violations
- \_ Frequent, impulsive job changes
- \_ Tendency to embarrass others
- \_ Lying or stealing on impulse

Poor Organization

- \_ Poor organization and planning, trouble maintaining an organized work/living area
- \_ Chronically late or chronically in a hurry
- \_ Often have piles of stuff
- \_ Easily overwhelmed by tasks of daily living
- \_ Poor financial management (late bills, check book a mess, spending unnecessary money on late fees)
- \_ Some adults with ADD are very successful, but often only if they are surrounded with people who organize them.

Problems Getting Started and Following Through

- \_ Chronic procrastination or trouble getting started
- \_ Starting projects but not finishing them, poor follow through
- \_ Enthusiastic beginnings but poor endings
- \_ Spends excessive time at work because of inefficiencies
- \_ Inconsistent work performance

Negative Internal Feelings

- \_ Chronic sense of underachievement, feeling you should be much further along in your life than you are
- \_ Chronic problems with self-esteem
- \_ Sense of impending doom
- \_ Mood swings
- \_ Negativity

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- \_ Frequent feeling of demoralization or that things won't work out for you

Relational Difficulties

- \_ Trouble sustaining friendships or intimate relationships, promiscuity
- \_ Trouble with intimacy
- \_ Tendency to be immature
- \_ Self-centered; immature interests
- \_ Failure to see others' needs or activities as important
- \_ Lack of talking in a relationship
- \_ Verbally abusive to others
- \_ Proneness to hysterical outburst
- \_ Avoids group activities
- \_ Trouble with authority

Short Fuse

- \_ Quick responses to slights that are real or imagined
- \_ Rage outbursts, short fuse

Frequent Search For High Stimulation

- \_ Frequent search for high stimulation (bungee jumping, gambling, race track, high stress jobs, ER doctors, doing many things at once, etc.)
- \_ Tendency to seek conflict, be argumentative or to start disagreements for the fun of it

Tendency To Get Stuck (thoughts or behaviors)

- \_ Tendency to worry needlessly and endlessly
- \_ Tendency toward addictions (food, alcohol, drugs, work)

Switches Things Around

- \_ Switches around numbers, letters or words
- \_ Turn words around in conversations

Writing/Fine Motor Coordination Difficulties

- \_ Poor writing skills (hard to get information from brain to pen)
- \_ Poor handwriting, often prints
- \_ Coordination difficulties

The Harder I Try The Worse It Gets

- \_ Performance becomes worse under pressure.

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- \_ Test anxiety, or during tests your mind tends to go blank
- \_ The harder you try, the worse it gets
- \_ Work or schoolwork deteriorates under pressure
- \_ Tendency to turn off or become stuck when asked questions in social situations
- \_ Falls asleep or becomes tired while reading

Sleep/Wake Difficulties

- \_ Difficulties falling asleep, may be due to too many thoughts at night
- \_ Difficulty coming awake (may need coffee or other stimulant or activity before feeling fully awake)

Low Energy

- \_ Periods of low energy, especially early in the morning and in the afternoon
- \_ Frequently feeling tired

Sensitive To Noise Or Touch

- \_ Startles easily
- \_ Sensitive to touch, clothes, noise and light

Total Score: \_\_\_\_\_

Total Number of Items with a score of three (3) or more: \_\_\_\_\_

Score for Item 1): \_\_\_\_\_

Score for Item 2): \_\_\_\_\_

Score for Item 3): \_\_\_\_\_

"20+ items with a score of three or more indicates a strong tendency toward ADD.

Items 1, 2, and 3 are essential to make the diagnosis.