

ADD Self report Questionnaire for Teenage Girls

Name: _____ Date: _____

This screening tool should not be used for the diagnosis of Attention Deficit Hyperactivity Disorder (ADD / ADHD). This self-report questionnaire is intended to be completed by teenage girls who are concerned about possible ADD (ADHD). While most teenage girls would check some items on this list, when a majority of items are checked a professional evaluation for ADD (ADHD) may be advisable.

Please place a check mark beside the each item that you feel describes you.

- 1. It's very hard for me to keep track of homework assignments and due dates.
- 2. No matter how hard I try to be on time, I am usually late.
- 3. I have trouble getting to sleep at night.
- 4. I have trouble getting up in the morning.
- 5. I jump from one topic to another in conversation.
- 6. I interrupt other people when they're talking, even though I try not to.
- 7. Even when I try to listen in class my thoughts start wandering.
- 8. I have difficulty remembering what I've read.
- 9. I can't seem to get started on school assignments until the last minute.
- 10. My room is very messy.
- 11. My friends say I'm "hyper."
- 12. My friends call me "spacey."
- 13. I forget to do things my parents ask me to do.
- 14. I frequently lose or misplace personal items.
- 15. My parents and teachers tell me I need to try harder in school.
- 16. I am distracted easily by sounds or by things I see.
- 17. My parents tell me that I overreact to things.
- 18. I feel anxious or worried a lot of the time.
- 19. I feel moody and depressed, even for no reason.
- 20. My moods and emotions are much more intense during the week before my period.
- 21. I am easily frustrated.
- 22. I'm pretty impatient and hate to wait.

- 23. I feel different from other girls.
- 24. I wish my parents understood how hard high school is for me.
- 25. I feel mentally exhausted when I get home from school.
- 26. It takes me longer to get assignments done compared to my classmates.
- 27. Even when I study hard I can't seem to remember things when I'm taking an exam.
- 28. It's so hard for me to stay organized.
- 29. I only make good grades in the classes that really interest me.
- 30. I have trouble completing papers and projects on time.
- 31. The only way I can really study for a test is to stay up late the night before.
- 32. I sometimes eat to calm down.
- 33. It seems like I'm always messing up.
- 34. I fidget or doodle in class because it's hard for me to sit still and listen.
- 35. I blurt things out without thinking.

Resource for Teenage Girls with ADD (ADHD):

Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do

By Kathleen Nadeau, Ellen Littman, Patricia Quinn

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