

AD/HD Treatment Checklist

Below is a list of symptoms/struggles that are common in individuals with an AD/HD diagnosis. Based on the following key, please use the table to indicate how much of a problem you experience with each of the categories.

Please bring with you to your appointment. This assessment will help your provider to appropriately prioritize and structure your treatment.

0=No problem
1= Mild problem (struggles in this area occur occasionally and/or cause minor distress)
2= Moderate problem (struggles in this area occur regularly and/or cause moderate distress)
3= Severe problem (struggles in this area occur frequently and/or cause significant distress)

	0	1	2	3
Time Management				
Organization Skills				
Study Skills (if applicable)				
Impulsivity				
Difficulty with Decision-Making				
Procrastination				
Money Management				
Career Struggles				
Difficulty in Romantic Relationship(s)				
Difficulty in Family Relationship(s)				
Interpersonal Skills				