

# Permian Psychiatry

## PATIENT'S BEHAVIOR CHECKLIST FOR ADHD ADULTS

Name \_\_\_\_\_ Date \_\_\_\_\_

Below is a list of problems and behaviors that some patients have. Beside each item indicate how much of a problem each one is for you in *your* opinion.

	Not at all	Just a little	Pretty much	Very much
1. Physical restlessness				
2. Mental restlessness				
3. Easily distracted				
4. Impatient				
5. "Hot" or explosive temper				
6. Unpredictable behavior				
7. Difficulty completing tasks				
8. Shifting from one task to another				
9. Difficulty sustaining attention				
10. Impulsive				
11. Talks too much				
12. Difficulty doing tasks alone				
13. Often interrupts others				
14. Doesn't appear to listen to others				
15. Loses a lot of things				
16. Forgets to do things				
17. Engages in physically daring activities				
18. Always on the go, as if driven by a motor				