Jasper/Goldberg Adult ADD Screening Examination - Version 5.0

The items below refer to how you have behaved and felt **DURING MOST OF**

**YOUR ADULT LIFE**. If you have usually been one way and recently have

changed, your responses should reflect **HOW YOU HAVE USUALLY BEEN**.

Just ENTER THE NUMBER (with **Bold** type >12pt) THE MOST FITS AFTER EACH STATEMENT:

0 = Not at all 1 = Just a little 2 = Somewhat

3 = Moderately 4 = Quite a lot 5 = Very much

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1. At home, work, or school, I find my mind wandering from tasks

that are uninteresting or difficult.

2. I find it difficult to read written material unless it is very

interesting or very easy.

3. Especially in groups, I find it hard to stay focused on what is being

said in conversations.

4. I have a quick temper...a short fuse.

5. I am irritable, and get upset by minor annoyances.

6. I say things without thinking, and later regret having

said them.

7. I make quick decisions without thinking enough about

their possible bad results.

8. My relationships with people are made difficult by my

tendency to talk first and think later.

9. My moods have highs and lows.

10. I have trouble planning in what order to do a series of

tasks or activities.

11. I easily become upset.

12. I seem to be thin skinned and many things upset me.

13. I almost always am on the go.

14. I am more comfortable when moving than when sitting still.

15. In conversations, I start to answer questions before the questions

have been fully asked.

16. I usually work on more than one project at a time, and fail to

finish many of them.

17. There is a lot of "static" or "chatter" in my head.

18. Even when sitting quietly, I am usually moving my hands or feet.

19. In group activities it is hard for me to wait my

turn.

20. My mind gets so cluttered that it is hard for it to

function.

21. My thoughts bounce around as if my mind is a pinball machine.

22. My brain feels as if it is a television set with all the

channels going at once.

23. I am unable to stop daydreaming.

24. I am distressed by the disorganized way my brain works.

TOTAL:

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This is a screening examination for Adult ADD. It is not a diagnostic

test. Scores over 70 are associated with a high probability of ADD. The

diagnosis of ADD can only be made on the basis of a detailed history and

mental status examination. High scores on this examination may result

from anxiety, depression or mania. These conditions must be ruled out

before a diagnosis of Adult ADD can be made.