

DIAGNOSTIC CRITERIA
FOR
ATTENTION DEFICIT DISORDER IN ADULTS

(Note: Consider a criterion met only if the behavior is considerably more frequent than that of most people of the same mental age.)

ADD is a chronic disturbance in which at least 12 of the following are present:

1. ____ A sense of underachievement, of not meeting one's goals (regardless of how much one has actually accomplished)
2. ____ Difficulty getting organized
3. ____ Chronic procrastination or trouble getting started
4. ____ Many projects going simultaneously; trouble with follow-through
5. ____ A tendency to say what comes to mind without necessarily considering the timing or appropriateness of the remark
6. ____ A frequent search for high stimulation
7. ____ An intolerance of boredom
8. ____ Easy distractibility, trouble focusing attention, tendency to tune out or drift away in the middle of a page or a conversation, often coupled with an ability to hyperfocus at times
9. ____ Often creative, intuitive, highly intelligent
10. ____ Trouble in going through established channels, following "proper" procedure
11. ____ Impatient; low tolerance of frustration
12. ____ Impulsive, either verbally or in action, as in impulsive spending of money, changing plans, enacting new schemes or career plans, and the like; hot-tempered
13. ____ A tendency to worry needlessly, endlessly; a tendency to scan the horizon looking for something to worry about, alternating with inattention to or disregard for actual dangers
14. ____ A sense of insecurity
15. ____ Mood swings, mood lability, especially when disengaged from a person or project
16. ____ Physical or cognitive restlessness
17. ____ A tendency toward addictive behavior
18. ____ Chronic problems with self-esteem
19. ____ Inaccurate self-observation
20. ____ Family history of ADD or bipolar illness or depression or substance abuse or other disorders of impulse control or mood
21. ____ Childhood history of ADD (It may not have been formally diagnosed, but in reviewing the history, one sees that the signs and symptoms were there.)
22. ____ Situation not explained by other medical or psychiatric condition