BARKLEY’S
Quick-Check for Adult ADHD Diagnosis

Do you:

1. Often make decisions impulsively? YES
2. Often have difficulty stopping activities or behavior when you should do so? NO
3. Often start projects or tasks without regarding or listening to directions carefully? NO
4. Often have poor follow-through on promises? NO
5. Often have trouble doing things in proper order? NO
6. Often drive with excessive speed? NO
7. Often become distracted by extraneous stimuli? NO
8. Often have difficulty sustaining attention in tasks or leisure activities? NO
9. Often have difficulty organizing tasks and activities? NO

Total the number of check marks for TOTAL SYMPTOMS – CURRENT _______

In your:

1. Occupation or job? YES
2. Social life? NO
3. Educational Activities? NO

Total the number of check marks for TOTAL AREAS _______

When you were a child, did you:

1. Often fail to give close attention to details or make careless mistakes in your work? YES
2. Often have difficulty sustaining attention in tasks or fun activities? NO
3. Often feel restless? NO
4. Often avoid, dislike, or were reluctant to engage in work that required sustained mental effort? NO
5. Often forget things in your daily activities? NO
6. Often interrupt or intrude on others? NO

Total the number if check marks for Total Symptoms – Childhood _____

Scoring

Does the patient have 6 or more current symptoms of ADHD? YES NO
And Does the patient have 4 or more childhood symptoms of ADHD? YES NO
And Does the patient have 2 or more areas of life impairment? YES NO

If yes to all of above they have an 87% chance of having ADHD, a 0% chance of being classified as normal without any disorder, and a 13% chance of having a psychiatric disorder other than ADHD.