

Attention Screen

Name: _____

Date: _____

		Not at all	Just a little	Somewhat	Moderately	Quite a lot	Very much
1	At home, work, or school, I find my mind wandering from tasks that are uninteresting or difficult.	1	2	3	4	5	6
2	I find it difficult to read written material unless it is very interesting or very easy.	1	2	3	4	5	6
3	I find it hard to stay focused on what is being said in conversations.	1	2	3	4	5	6
4	I have a quick temper ... a short fuse.	1	2	3	4	5	6
5	I am irritable, and get upset by minor annoyances.	1	2	3	4	5	6
6	I say things without thinking, and later regret it.	1	2	3	4	5	6
7	I make quick decisions without thinking enough about their possible bad results.	1	2	3	4	5	6
8	My relationships with people are made difficult by my tendency to talk first and think later.	1	2	3	4	5	6
9	My moods have highs and lows.	1	2	3	4	5	6
10	I have trouble planning in what order to do a series of tasks or activities.	1	2	3	4	5	6
11	I seem to be thin skinned and many things upset me.	1	2	3	4	5	6
12	I almost always am on the go.	1	2	3	4	5	6
13	I am more comfortable when moving than when sitting still.	1	2	3	4	5	6
14	In conversations, I start to answer questions before the questions have been fully asked.	1	2	3	4	5	6
15	I usually work on more than one project at a time, and I fail to finish many of them.	1	2	3	4	5	6
16	There is a lot of "static" or "chatter" in my head.	1	2	3	4	5	6
17	Even when sitting quietly, I am usually moving my hands or feet.	1	2	3	4	5	6
18	In group activities, it is hard for me to wait my turn.	1	2	3	4	5	6
19	My thoughts bounce around as if my mind is a pinball machine.	1	2	3	4	5	6
20	My brain feels as if it is a television set with all the channels going at once.	1	2	3	4	5	6
21	I am unable to stop daydreaming.	1	2	3	4	5	6
23	I am distressed by the disorganized way my brain works.	1	2	3	4	5	6