



BrainWave Centre

Objective Measurement...
Confident Management

INFORMATION Sheet

ADHD Checklist

Do you have ADD/ADHD?

There are three categories of Attention Deficit Hyperactivity Disorder

- A) Inattentiveness and distractibility
- B) Hyperactive/ Impulsive behaviour
- C) A combined type of both A&B

This behaviour can result from neurochemical imbalance rather than social or environmental causes.

Common symptoms of ADD/ADHD

- Easily distracted- daydreaming, boredom
- Trouble sustaining attention or mental effort in work/school tasks or leisure activities
- Inattentive when others are speaking to them
- Reading the same line over and over without it sinking in
- Disorganised and forgetful
- A tendency to lose and misplace belongings
- Impatient or impulsive
- Starting multiple tasks and never completing any
- Constantly getting into trouble for not following instructions or completing tasks
- Getting into trouble for inappropriate responses and behaviour
- Tendency to fidget and not sit still
- Restless and constantly on the go
- Talking excessively and often interrupting while others are speaking
- Trouble doing anything quietly
- Trouble waiting your turn in a line or while driving

If you answered yes to these questions for either yourself or your child there is the possibility that it may reflect more than just personality or chance. There may be a neurological or genetic explanation for this behaviour.

Ask your doctor for more information or for a referral to the BrainWave Centre for objective assessment.