

## ADHD Second Opinion Questionnaire

Patient Name: \_\_\_\_\_

Your Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Date completed: \_\_\_\_\_

Score: \_\_\_\_\_

Instructions: using the codes below, mark each item to show how much that feeling or behavior had been a problem for this person.

- 0- Not at all a problem, never occurs
  - 1- Just a little problem, occurs rarely
  - 2- Pretty much a problem, occurs a few times a week
  - 3- Very much a problem, occurs almost every day
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- 1. In a conversation or meeting, loses focus, missing cues or information they need to get
  - 2. Excessive difficulty getting started on tasks, e.g. paperwork, contacting people.
  - 3. Seems overwhelmed by tasks that should be manageable e.g. "There's no way I can possibly do this now!" when it's not really that bad.
  - 4. Appears "spaced out" at times.
  - 5. Easily "sidetracked", stops a task and switches to something else that is less important.
  - 6. Appears to read slowly or needs to read things over.
  - 7. Excessively forgetful about what has been said, done, or heard in the past 24 hours.
  - 8. Does not seem to get the main point when reading books, newspapers, or reports.
  - 9. Easily frustrated, excessively impatient.
  - 10. When presented with many things to do, has trouble setting priorities and getting started on what needs to be done.
  - 11. Procrastinates excessively, puts things off.
  - 12. Complains of being sleepy or fatigued even after having rested.
  - 13. Disorganized, has trouble keeping plans, money, or time.
  - 14. Unable to complete tasks in the allotted time; needs extra time to finish them adequately.
  - 15. Forgets chores or responsibilities. E.g. turn off appliances, get things at the store, return phone calls, keep appointments, pay bills, etc.
  - 16. Criticized by others or self for being "lazy".
  - 17. Inconsistent quality of work, performance quite variable, slacks off unless "pressure" is on.
  - 18. Sensitive to criticism, overly defensive.
  - 19. Slow to react or get started: sluggish or slow moving, doesn't jump right into things.
  - 20. Easily irritated, "short fused", sudden outbursts of anger.
  - 21. Excessively rigid or perfectionistic, has to keep things "just so".
  - 22. Criticized by others for "not working up to potential"
  - 23. Gets "lost" in daydreaming, seems preoccupied with their thoughts.
  - 24. Has difficulty expressing anger appropriately: doesn't stand up for self.
  - 25. Effort fades quickly, "runs out of steam", doesn't follow through.
  - 26. Easily distracted by background noises or activities, stops to check what else is going on.
  - 27. Hard to wake in the morning.
  - 28. When writing, has to erase or start over repeatedly because of minor mistakes.
  - 29. Mood is discouraged, depressed, or "down".
  - 30. Tends to be shy, a loner among peers, keeps to self socially.
  - 31. Appears apathetic or unmotivated.
  - 32. Stares off into space; seems "out of it"
  - 33. When writing, omits or misplaces words or letters.
  - 34. Penmanship is sloppy, hard to read.
  - 35. Forgets to bring or loses track of items needed, e.g. keys, pencils, bills, paperwork.
  - 36. Others complain about them because they do not appear to be listening.
  - 37. Needs to be reminded by others to get started or to keep working on important tasks.
  - 38. Complains of difficulty memorizing, e.g. names, and dates, information at work.
  - 39. Misunderstands directions for assignments, completion of forms, etc.
  - 40. Starts tasks, e.g. paperwork, chores, but doesn't finish them completely.

Additional comments

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