

ADHD behaviour and symptom checklist: CHILDREN/ADOLESCENTS

ADHD

Attention deficit hyperactivity disorder (ADHD) can impair everyday life in many and varied ways.¹⁻³

Use this checklist to help you become aware of and track your particular ADHD symptoms and challenges, but always make sure you ask your doctor if you have any questions.

Name: _____ Date: _____

 <p>In the morning</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Problems getting ready for school² <input type="checkbox"/> Causes fighting in the family² <input type="checkbox"/> Misses classes or is late for school² <input type="checkbox"/> Forgetful (forgets or loses books, lunch, homework...)¹ <input type="checkbox"/> Difficulty following rules and instructions¹ 	<p>How does this affect my self esteem? <input type="checkbox"/> 😊 <input type="checkbox"/> ☹️</p> <hr/> <p>Biggest impact:</p>
 <p>At school</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Inattentive¹ <input type="checkbox"/> Causes problems for the teacher in the classroom² <input type="checkbox"/> Conflict with school staff³ <input type="checkbox"/> School results don't match ability² <input type="checkbox"/> Receives 'time-out' or removal from the classroom² <input type="checkbox"/> Difficulty following rules and instructions¹ <input type="checkbox"/> Problems making new friends² <input type="checkbox"/> Problems keeping friends² <input type="checkbox"/> Conflicts with peers³ 	<p>How does this affect my self esteem? <input type="checkbox"/> 😊 <input type="checkbox"/> ☹️</p> <hr/> <p>Biggest impact:</p>
 <p>After school</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Problems participating in after-school activities (sports, music, clubs)² <input type="checkbox"/> Reckless or dangerous behaviour² <input type="checkbox"/> Difficulty following rules and instructions¹ <input type="checkbox"/> Makes it difficult for the family to have fun together² <input type="checkbox"/> Conflicts with friends³ 	<p>How does this affect my self esteem? <input type="checkbox"/> 😊 <input type="checkbox"/> ☹️</p> <hr/> <p>Biggest impact:</p>
 <p>In the evening around bedtime</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Problems with eating (picky eater, junk food)² <input type="checkbox"/> Problems completing assignments³ <input type="checkbox"/> Makes parenting difficult² <input type="checkbox"/> Having problems with brothers and sisters² <input type="checkbox"/> Problems getting along with other children² <input type="checkbox"/> Excessive use of TV, computer or video games² <input type="checkbox"/> Problems getting ready for bed² <input type="checkbox"/> Problems with sleeping² 	<p>How does this affect my self esteem? <input type="checkbox"/> 😊 <input type="checkbox"/> ☹️</p> <hr/> <p>Biggest impact:</p>

Fill out this checklist and bring it to your next appointment to give to your doctor.

If you observe or experience any other issues or challenges, write these in the space provided overleaf.

Please note: This checklist is NOT a diagnostic tool. It is intended for use by children and adolescents already diagnosed with ADHD, and should not be used as a substitute for your doctor's advice. If you have any questions about ADHD and how to manage it, be sure to talk to your doctor.

Remember to bring your completed checklist to your next appointment!

Date of next appointment: _____

Appointment with doctor: _____

Write a list of additional things to discuss with your doctor:

1. _____

2. _____

3. _____

4. _____

5. _____

References: **1.** American Psychiatric Association. Attention-deficit/hyperactivity disorders in: Diagnostic and Statistical Manual of Mental Disorders. Fifth edition. Arlington: American Psychiatric Publishing Inc, 2013: 59-65. **2.** WEISS Functional Impairment Rating Scale (WFIRS-P)-Parent Report. http://www.caddra.ca/cms4/pdfs/caddraGuidelines2011WFIRS_P.pdf Accessed June 2020. **3.** WEISS Functional Impairment Rating Scale (WFIRS-S)-Self Report. http://www.caddra.ca/pdfs/caddraGuidelines2011WFIRS_S.pdf Accessed June 2020.

