

Adult ADHD Interview Form

DSM-IV-TR Criteria

The symptom must be frequent, impairing, and present across multiple settings. Mark S for self report, C for collateral report or information. Mark separately whether it was present in childhood and as an adult.

Inattention symptoms (need 6)

Child Adult

- Poor attention to details
- Difficulty sustaining attention
- Does not seem to listen when spoken to directly
- Does not follow through on instructions and fails to finish tasks
- Disorganized
- Avoids tasks that require sustained mental effort
- Loses things
- Easily distracted
- Forgetful

Hyperactive/impulsive symptoms (need 6)

- Fidgety
- Difficulty remaining seated
- Feels restless
- Difficulty engaging in leisure activities quietly
- Is often “on the go”
- Talks excessively
- Blurts out answers
- Difficulty waiting turn
- Interrupts or intrudes on others

Tone of the Interview

- Long-standing pain and frustration
- Sense of lost opportunities or regret
- Under-achievement or failure to work to potential
- Interrupts you and himself
- Wanders off topic
- Forgets the question or answers a different question
- Physically restless
- Distracted by items in the office or extraneous noises

Collateral Information Sources

- Previously diagnosed with ADHD
- Family member or significant other, if present, mostly confirms self-report
- Report cards or teacher comments are consistent with ADHD
- Results of assessment instruments are consistent with ADHD
- Family history of ADHD, especially in parents, siblings, or children

Comorbid Conditions

- Depression
- Bipolar disorder
- Anxiety
- Post-traumatic stress disorder
- Learning disabilities
- Antisocial personality disorder
- Substance abuse or other addictions
- Borderline personality disorder
- Sleep deprivation
- Head injury and medical conditions

Reprinted with permission from *Integrative Treatment for Adult ADHD: A Practical, Easy-to-Use Guide for Clinicians*. Ari Tuckman (2007). New Harbinger Publications. This handout and others are available free of charge at www.TuckmanPsych.com.