



ADHD Questionnaire

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(Please answer all questions carefully and honestly as possible)

First Name _____ *Last Name* _____ *Age* _____ *Sex* _____

1. At home, work, or school, I find my mind wandering from tasks that are uninteresting or difficult.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. I find it difficult to read written material unless it is very interesting or very easy.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

3. Especially in groups, I find it hard to stay focused on what is being said in conversations.

- Not at all
- Just a little

- Somewhat
- Moderately
- Quite a lot
- Very much

4. I have a quick temper... a short fuse.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. I am irritable, and get upset by minor annoyances.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. I say things without thinking, and later regret having said them.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. I make quick decisions without thinking enough about their possible bad results.

- Not at all
- Just a little
- Somewhat
- Moderately

- Quite a lot
- Very much

8. My relationships with people are made difficult by my tendency to talk first and think later.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. My moods have highs and lows.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

10. I have trouble planning in what order to do a series of tasks or activities.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I easily become upset.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

12. I seem to be thin skinned and many things upset me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

13. I almost always am on the go.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

14. I am more comfortable when moving than when sitting still.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

15. In conversations, I start to answer questions before the questions have been fully asked?

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

16. I usually work on more than one project at a time, and fail to finish many of them.

- Not at all
- Just a little

- Somewhat
- Moderately
- Quite a lot
- Very much

17. There is a lot of “static” or “chatter” in my head.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

18. Even when sitting quietly, I am usually moving my hands or feet.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

19. In group activities it is hard for me to wait my turn.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

20. My mind gets so cluttered that it is hard for it to function.

- Not at all
- Just a little
- Somewhat
- Moderately

- Quite a lot
- Very much

21. My thoughts bounce around as if my mind is a pinball machine.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

22. My brain feels as if it is a television set with all the channels going at once.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

23. I am unable to stop daydreaming.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

24. I am distressed by the disorganized way my brain works.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

Completed by _____ Time _____ Place _____