

FEMALE ADHD TEST

NAME

DATE

Please respond to the questions below by rating yourself according to the criteria on the right side of the page. For each question, mark an X in the box that best reflects how you've felt and acted over the past six months.

	NEVER	SOME TIMES	OFTEN	VERY OFTEN
I find it difficult to focus on tasks, especially if they are boring or repetitive.				
I frequently misplace items like keys, phone, or important documents.				
I often feel overwhelmed by the number of tasks I need to complete.				
I have trouble organizing tasks and responsibilities.				
I tend to interrupt others during conversations or finish their sentences.				
I frequently forget appointments, deadlines, or important dates.				
I feel restless or have difficulty sitting still for long periods.				
I often lose track of time when working on a project or hobby.				
I find it challenging to start or complete projects, especially those that require sustained effort.				
I often daydream or lose focus during conversations or meetings.				
I struggle with time management and often feel rushed.				
I find it hard to switch from one task to another without getting distracted.				
I often feel anxious or stressed due to unfinished tasks or responsibilities.				
I have difficulty following detailed instructions or multi-step directions.				
I frequently seek out new activities or hobbies but struggle to stick with them long-term.				
I have a tendency to procrastinate on important tasks or projects.				
I often feel like I'm "on the go" or that my mind is racing.				
I tend to be very sensitive to criticism or negative feedback.				
I have trouble maintaining focus when reading or studying.				
I often feel like I'm not reaching my potential in various aspects of my life.				



SCORING YOUR ASSESSMENT

0 = Never

1 = Occasionally

2 = Often

3 = Very Often

- Total Score: Add up your scores for each question.
- Interpretation:
 - 0-20: Low likelihood of ADHD symptoms.
 - 21-40: Moderate likelihood of ADHD symptoms; consider consulting a professional.
 - 41-60: High likelihood of ADHD symptoms; seeking a professional evaluation is recommended.

NOTE

If you find that your score indicates a potential concern, consider reaching out to a mental health professional for a comprehensive evaluation. ADHD can present differently in women and may be overlooked or misdiagnosed. Seeking support can be a vital step towards managing symptoms effectively.

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