

Do You Zone Out? Procrastinate? Might Be Adult ADHD

Six simple questions can reliably identify adults with attention deficit/hyperactivity disorder.

The questions are:

1. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?
2. How often do you leave your seat in meetings and other situations in which you are expected to remain seated?
3. How often do you have difficulty unwinding and relaxing when you have time to yourself?
4. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to before they can finish them themselves?
5. How often do you put things off until the last minute?
6. How often do you depend on others to keep your life in order and attend to details?

The response options are "never," "rarely," "sometimes," "often" or "very often."

These six questions appear to reliably and specifically screen for ADHD in adults.

That could allow primary care physicians who have limited time with each patient to quickly and easily determine whether to recommend patients for further psychiatric evaluation, or even to prescribe medication.

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