

Name: _____ Date: _____

ADULT ADHD QUALITY OF LIFE

The following questions are about how ADHD has impacted your life over the past 2 weeks. For each item, evaluate the degree or frequency with which you find each quality of life issue troublesome or problematic. Please answer each question by placing a X in the box for your response. There are no right or wrong answers.

During the past 2 weeks, how difficult has it been for you to:	Not at all	A little	somewhat	A lot	extremely
1. Keep the house/apartment clean or uncluttered					
2. Manage your finances, such as cashing checks, balancing your checkbook, paying bills on time					
3. Remember important things					
4. Get your shopping done (such as for food, clothes, or household items)					
5. Pay attention when interacting with others					

During the past 2 weeks, how often have you felt:	never	rarely	sometimes	often	Very often
6. Overwhelmed					
7. Anxious					
8. Depressed					
9. You have not been able to meet others' expectations of you (either at home or work)					
10. You annoyed people					
11. Getting things done requires too much effort.					
12. People are frustrated with you.					
13. You have overreacted in difficult or stressful situations					

During the past 2 weeks, how often have you felt:	Very often	often	sometimes	rarely	never
14. Your energy is well spent (has positive results)					
15. Able to enjoy time spent with others					
16. You can successfully manage your life					
17. As productive as you would like to be					

During the past 2 weeks, how troubled have you been by :	Not at all	A little	somewhat	A lot	Extremely
18. Tension in relationships					
19. Not having quality time to spend with others					

During the past 2 weeks, how bothered have you been by:	Not at all	A little	somewhat	A lot	extremely
20. Feeling fatigued					
21. Fluctuations (ups and downs) in your emotions					

During the past 2 weeks, how much of a problem has it been for you to:	Not at all	A little	somewhat	A lot	extremely
22. Complete projects or tasks (either at work or at home)					
23. Get started with tasks you don't find interesting					

During the past 2 weeks, how much of a problem has it been for you to:	Not at all	A little	somewhat	A lot	extremely
24. Balance multiple projects					
25. Get things done on time					
26. Keep track of important items (such as keys, wallet)					

During the past 2 weeks, how often have you felt:	Very Often	Often	sometimes	rarely	never
27. Good about yourself					
28. People enjoy spending time with you					
29. Your intimate relationship is going well emotionally. not applicable					