Full Name:

DOB:

NHS number:

Date :

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please Tick:** | **Never** | **Rarely** | **Sometimes** | **Often** | **Very Often** |
| **Part A** |  |  |  |  |  |
| 1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 2. How often do you have difficulty getting things in order when you have to do a task that requires organization? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 3. How often do you have problems remembering appointments or obligations? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 6. How often do you feel overly active and compelled to do things, like you were driven by a motor? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| **Part B** |  |
| 7. How often do you make careless mistakes when you have to work on a boring or difficult project? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 10. How often do you misplace or have difficulty finding things at home or at work? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 11. How often are you distracted by activity or noise around you? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 13. How often do you feel restless or fidgety? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 14 How often do you have difficulty unwinding and relaxing when you have time to yourself? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 15. How often do you find yourself talking too much when you are in social situations? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 16. 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? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 17. How often do you have difficulty waiting your turn in situations when turn taking is required? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |
| 18. How often do you interrupt others when they are busy? | [ ]  0 | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 |

Please return by hand or email to vale.practice@nhs.net