PRACOWNIA psychologii Stanisławska
wsparcie psychologiczne
diagnostyka psychologiczna
interwencja kryzysowa

ADHD Diagnosis Checklist

When you're thinking about whether your child might have ADHD, it helps to keep track of behaviors and patterns over time. This checklist is here to guide you — not to diagnose — but to give you a clear picture to discuss with professionals.

Attention & Focus

- [ ] Has difficulty sustaining attention on tasks or play activities
- [ ] Often seems distracted or "in their own world"
- [ ] Frequently forgets things like homework, chores, or daily routines

Impulsivity & Self-Control

- [ ] Interrupts or blurts out answers before questions are finished
- [ ] Has trouble waiting for their turn in games or conversations
- [ ] Acts without thinking about consequences

Hyperactivity & Movement

- [ ] Fidgets, squirms, or taps hands or feet frequently
- [ ] Has difficulty staying seated when expected
- [ ] Seems "always on the go" or restless

Emotional Regulation

- [ ] Has intense emotional reactions or frequent meltdowns
- [ ] Seems easily frustrated or overwhelmed by changes
- [ ] Struggles to calm down after being upset

Daily Life Impact

- [ ] Difficulty completing tasks or following instructions
- [ ] Challenges with organizing tasks, belongings, or schoolwork
- [ ] Problems with social interactions or making friends

ADHD Checklist for Girls: Signs to Watch For

ADHD in girls can sometimes look different than in boys and may be harder to recognize. Girls often mask symptoms or show less hyperactivity, so it's important to notice subtle signs such as:

- ☐ Often appears quiet, dreamy, or withdrawn rather than hyperactive
- ☐ Frequently "lost in thought" or daydreaming, seeming spacey
- ☐ Tends to internalize emotions — anxiety, sadness, or low self-esteem
- ☐ May have strong perfectionism or be overly self-critical
- ☐ Struggles with organizing tasks but hides difficulties to avoid standing out
- ☐ Easily overwhelmed but less likely to act out compared to boys

These behaviors can be mistaken for shyness or moodiness, so it's important to look deeper if they persist and affect daily functioning.

How to use this checklist

🔎 Observe your child over several weeks in different settings (home, school, activities).
📋 Take notes or keep a journal of specific examples for each item.
📔 Bring your completed checklist to appointments with psychologists, pediatricians, or other specialists.
❗ Remember: presence of some behaviors does not equal ADHD — a full evaluation is necessary.