

## COPELAND SYMPTOM CHECKLIST FOR ADULT ATTENTION DEFICIT DISORDERS

### Attention Deficit Hyperactivity Disorder (ADHD) and Undifferentiated Attention Deficit Disorder (ADD)

This checklist was developed from the experience of many specialists in the field of Attention Disorders and Hyperactivity. It is designed to help determine whether you, or someone you are rating, has ADHD or ADD, to what degree, and if so, in which area(s) difficulties are experienced. Please mark all statements. Thank you for your assistance in completing this information.

Name \_\_\_\_\_ Date \_\_\_\_\_

Completed by \_\_\_\_\_

**Directions:** Place a checkmark (✓) by each item below, indicating the degree to which the behavior is characteristic of yourself or the adult you are rating.

	Not at all	Just a little	Pretty much	Very much	Score	%
<b>I. INATTENTION/DISTRACTIBILITY, especially</b>						
1. A short attention span, especially for low-interest activities.						
2. Difficulty completing tasks.						
3. Daydreaming.						
4. Easily distracted.						
5. Nicknames such as: "spacey," or "dreamer."						
6. Engages in much activity but accomplishes little.						
7. Enthusiastic beginnings but poor endings.						
					21	%
<b>II. IMPULSIVITY</b>						
1. Excitability.						
2. Low frustration tolerance.						
3. Acts before thinking.						
4. Disorganization.						
5. Poor planning ability.						
6. Excessively shifts from one activity to another.						
7. Difficulty in group situations which require patience and taking turns.						
8. Interrupts frequently.						
					24	%
<b>III. ACTIVITY LEVEL PROBLEMS</b>						
<b>A. Overactivity/Hyperactivity</b>						
1. Restlessness — either fidgetiness or being constantly on the go.						
2. Diminished need for sleep.						
3. Excessive talking.						
4. Difficulty listening.						
5. Motor restlessness during sleep. Kicks covers off — moves around constantly.						
6. Dislike of situations which require attention & being still—church, lectures, etc.						
					18	%
<b>B. Underactivity</b>						
1. Lethargic.						
2. Daydreaming, spaciness.						
3. Failure to complete tasks.						
4. Inattention.						
5. Lacking in leadership.						
6. Difficulty in getting things done.						
					18	%

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	Not at all	Just a little	Pretty much	Very much
<b>IV. NONCOMPLIANCE</b>				
1. Does not cooperate. Determined to do things own way.				
2. Argumentative.				
3. Disregards socially-accepted behavioral expectations.				
4. "Forgets" unintentionally.				
5. "Forgets" as an excuse (intentionally).				

15 = %

	Not at all	Just a little	Pretty much	Very much
<b>V. UNDERACHIEVEMENT/DISORGANIZATION/LEARNING PROBLEMS</b>				
1. Underachievement in relation to ability.				
2. Frequent job changes.				
3. Loses things — keys, wallet, lists, belongings, etc.				
4. Auditory memory and auditory processing problems.				
5. Learning disabilities or learning problems.				
6. Poor handwriting.				
7. "Messy" or "sloppy" work.				
8. Work assignments are often not completed satisfactorily.				
9. Rushes through work.				
10. Works too slowly.				
11. Procrastinates. Bills, taxes, etc., put off until the last minute.				

33 = %

	Not at all	Just a little	Pretty much	Very much
<b>VI. EMOTIONAL DIFFICULTIES</b>				
1. Frequent and unpredictable mood swings.				
2. Irritability.				
3. Underreactive to pain/insensitive to danger.				
4. Easily overstimulated. Hard to stop once "revved up."				
5. Low frustration tolerance. Excessive emotional reaction to frustrating situations.				
6. Angry outbursts.				
7. Moodiness/lack of energy.				
8. Low self-esteem.				
9. Immaturity.				

27 = %

	Not at all	Just a little	Pretty much	Very much
<b>VII. POOR PEER RELATIONS</b>				
1. Difficulty following the rules of social interactions.				
2. Rejected or avoided by peers.				
3. Avoids group activities; a loner.				
4. "Bosses" other people. Wants to be the leader.				
5. Critical of others.				

15 = %

	Not at all	Just a little	Pretty much	Very much
<b>VIII. IMPAIRED FAMILY RELATIONSHIPS</b>				
1. Easily frustrated with spouse or children. Overreacts. May punish children too severely.				
2. Sees things from own point of view. Does not negotiate differences well.				
3. Underdeveloped sense of responsibility.				
4. Poor manager of money.				
5. Unreasonable; demanding.				
6. Spends excessive amount of time at work because of inefficiency, leaving little time for family.				

18 = %