ADHD Assessment Checklist

A structured guide for comprehensive adult ADHD assessment · DSM-5 & NICE NG87 aligned

SECTION A · PRE-ASSESSMENT PREPARATION

- [ ] Referral reason and presenting concerns reviewed
- [ ] Self-report screening tool completed (e.g. ASRS v1.1)
- [ ] Patient advised to invite an informant who knew them in childhood
- [ ] Previous records / school reports requested where available
- [ ] Interpreter or reasonable adjustments arranged if needed
- [ ] Sufficient time allocated (a full DIVA-5 interview takes 60–90 minutes)

SECTION B · CORE DSM-5 SYMPTOM DOMAINS

Assess in BOTH childhood and adulthood

Inattention — 5+ symptoms in adults (6+ in under-17s) required

- [ ] Fails to give close attention to detail / makes careless mistakes
- [ ] Difficulty sustaining attention in tasks or activities
- [ ] Does not seem to listen when spoken to directly
- [ ] Does not follow through on instructions / fails to finish tasks
- [ ] Difficulty organising tasks and activities
- [ ] Avoids or dislikes tasks requiring sustained mental effort
- [ ] Loses things necessary for tasks and activities
- [ ] Easily distracted by extraneous stimuli
- [ ] Forgetful in daily activities

SECTION B (CONT.) · HYPERACTIVITY / IMPULSIVITY

5+ in adults / 6+ under-17

- [ ] Fidgets with or taps hands / feet, or squirms in seat
- [ ] Leaves seat when remaining seated is expected
- [ ] Feels restless (in adults, often subjective inner restlessness)
- [ ] Unable to engage in leisure activities quietly
- [ ] 'On the go' / acts as if 'driven by a motor'
- [ ] Talks excessively
- [ ] Blurts out answers before questions are completed
- [ ] Difficulty waiting their turn
- [ ] Interrupts or intrudes on others

SECTION C · DSM-5 DIAGNOSTIC CRITERIA CONFIRMATION

- [ ] Criterion A: Required symptom threshold met in at least one domain
- [ ] Criterion B: Several symptoms present before age 12
- [ ] Criterion C: Symptoms present in two or more settings (e.g. home, work)
- [ ] Criterion D: Clear evidence symptoms interfere with functioning
- [ ] Criterion E: Symptoms not better explained by another mental disorder

SECTION D · FUNCTIONAL IMPAIRMENT

DIVA-5 assesses five life domains

- [ ] Work and education (performance, deadlines, employment history)
- [ ] Relationships and family life (conflict, communication, stability)
- [ ] Social contacts (friendships, social difficulties, isolation)
- [ ] Free time and hobbies (restlessness, unable to relax, incomplete projects)
- [ ] Self-confidence and self-image (self-esteem, chronic underachievement)

SECTION E · DIFFERENTIAL DIAGNOSIS & CO-OCCURRING CONDITIONS

Screen for and document conditions that may mimic, mask, or co-occur with ADHD:

- ☐ Anxiety disorders
- ☐ Depression / mood disorders
- ☐ Autism spectrum (consider AuDHD)
- ☐ Sleep disorders
- ☐ Substance use
- ☐ Trauma / PTSD
- ☐ Bipolar affective disorder
- ☐ Personality disorders
- ☐ Learning disability / difficulties
- ☐ Physical / thyroid / neurological causes

SECTION F · OUTCOME & DOCUMENTATION

- ☐ Corroborating informant information obtained and documented
- ☐ Provisional presentation determined (Inattentive / Hyperactive-Impulsive / Combined)
- ☐ Diagnosis communicated with clarity and compassion
- ☐ Written report prepared with evidence for each criterion
- ☐ Treatment options and next steps discussed with patient
- ☐ Shared care / onward referral arranged where appropriate

Assessing clinician: _____ **Date:** _____

Provisional outcome: _____ **Signature:** _____