

DIVA-5 Summary Checklist

A clinician quick-reference summary for the Diagnostic Interview for ADHD in Adults

How to use this summary

Assess each of the 18 DSM-5 symptoms in both childhood and adulthood, recording a concrete real-life example for each.

The full DIVA-5 is a paid tool from the DIVA Foundation (divacenter.eu). Buy it once, then use your own copy.

This checklist does not replace the full instrument. Tick a box, or type in any field.

Patient name		Date of interview	
Informant present		Clinician	

PART 1 · INATTENTION (A1)

Threshold: 5+ adult / 6+ under 17

DSM-5 symptom	Childhood	Adulthood	Example
A1.1 Fails to give close attention to detail / careless mistakes	☐	☐	
A1.2 Difficulty sustaining attention in tasks or activities	☐	☐	
A1.3 Does not seem to listen when spoken to directly	☐	☐	
A1.4 Does not follow through on instructions and fails to finish tasks	☐	☐	
A1.5 Difficulty organising tasks and activities	☐	☐	
A1.6 Avoids tasks needing sustained mental effort	☐	☐	
A1.7 Loses things necessary for tasks or activities	☐	☐	
A1.8 Easily distracted by extraneous stimuli	☐	☐	
A1.9 Forgetful in daily activities	☐	☐	

PART 2 · HYPERACTIVITY / IMPULSIVITY (H/I)

Threshold: 5+ adult / 6+ under 17

DSM-5 symptom	Childhood	Adulthood	Example
H/I 1 Fidgets, taps hands or feet, or squirms in seat	☐	☐	
H/I 2 Leaves seat when remaining seated is expected	☐	☐	
H/I 3 Restless; runs about or feels driven to move	☐	☐	
H/I 4 Unable to take part in leisure activities quietly	☐	☐	
H/I 5 On the go, or acts as if driven by a motor	☐	☐	
H/I 6 Talks excessively	☐	☐	
H/I 7 Blurts out an answer before a question is completed	☐	☐	
H/I 8 Difficulty waiting for their turn	☐	☐	
H/I 9 Interrupts or intrudes on others	☐	☐	

Impairment across settings

Domain	Childhood	Adulthood	Example
Work and education	☐	☐	
Relationships and family life	☐	☐	
Social contacts	☐	☐	
Free time and hobbies	☐	☐	
Self-confidence and self-image	☐	☐	

Count and onset

Threshold: 5 or more in a domain for age 17 and over, 6 or more under 17. Count childhood and adulthood separately.

Symptoms must have been present before age 12, in more than one setting, with impairment. This summary is a training aid only.