



PRANITA **VITALITY**
Healthy and Happy Heart

Start

To complete the ADHD symptom checker, you will need to answer each of the following 6 questions based on how you have felt and conducted yourself over the past 6 months.

There are no right or wrong answers. At the end you will be given a result that will either suggest that ADHD is something that is worth being assessed for if your score is high enough OR, if your score is low, it is unlikely that you would fulfil the criteria for a diagnosis of ADHD.

Please note, this questionnaire is not diagnostic or a replacement for a full assessment. It is for initial consideration.

- Question 1
- How often do you have trouble following through on instructions, completing task? *
 - Never
 - Rarely
 - Sometimes
 - Often
 - Very Often

- Question 2

How often do you lose things necessary for tasks or activities (e.g., keys, paperwork, mobile phone)?

- Never
- Rarely
- Sometimes
- Often
- Very Often

- Question 3

How often do you interrupt others during conversations or blur out answers before questions have been completed?

- Rarely
- Sometimes
- Often
- Very Often

- Question 4

How often do you act impulsively without thinking about the consequences?

- Never
- Rarely
- Sometimes
- Often
- Very Often

- Question 5

How often do you fidget or squirm in your seat, tap your hands or feet, or engage in other forms of physical restlessness? Never

- Never
- Rarely
- Sometimes
- Often
- Very Often

- Question 6

How often do you feel restless or find it difficult to stay seated for long periods, such as in meetings or at work?

- Never
- Rarely
- Sometimes
- Often
- Very Often

- Question 7

Have these difficulties been persistent and pervasive across different areas of your life (e.g., work, school, relationships)?

- Yes
- No

• Question 8

Have these difficulties significantly impacted your academic/work performance, relationships, or daily functioning?

- Yes
- No

Thank you for completing the ADHD quiz.

If you have answered between sometimes/often/very often to questions 1-6 and yes to questions 7 and 8, it is likely that you may be experiencing symptoms that are commonly associated with ADHD in adults.

- While this symptom checker is not a formal diagnosis, it is an important step in gaining insights into your well-being. We recommend considering a comprehensive ADHD assessment with our team to explore your symptoms further.
- We also have help available to improve your performance and functioning so that the difficulties commonly associated with ADHD does not impact your life and you can thrive in your chosen goals, career and live life to the fullest.
- To get started, please contact us on the following contact details and we will be in touch to discuss your options.
We're here to support you on your journey to better understanding and managing your well-being.

Email: Pranitameditation@gmail.com

Phone: 0759074237