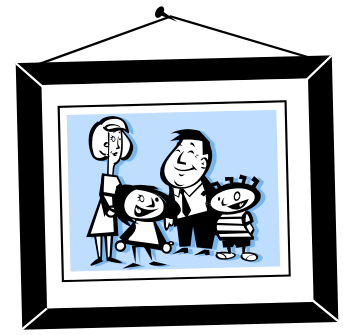


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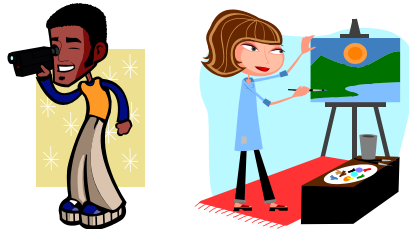


Attention-Deficit/Hyperactivity Disorder

Parenting Lab
UBC Psychology Department
<http://parentinglab.psych.ubc.ca/>

To access the audio/visual presentation that accompanies this handout, please visit:
<http://parentinglab.psych.ubc.ca/resources/instructions-for-rating-adhd/>

Childhood Attention-Deficit/Hyperactivity Disorder (ADHD)



As part of the assessment of childhood ADHD, parents are often asked how much their child shows specific behaviours



Sometimes, it is hard to know just what is meant by these questions. Unfortunately, if clinicians and parents mean different things errors can occur.



This handout gives you information about what the questions on ADHD questionnaires mean and what they DO NOT mean. This information should help you decide whether or not your child engages in the behaviours.

GUIDELINES

First, some general guidelines:

1. Answer the questions according to how children **usually** behave.
 2. Only rate the behaviours if they can't be explained by something about the **situation** or by **other problems** the child has.
 3. Consider how the child behaves **without help** from an adult.
 4. Rate the child compared to other children of the **same age and gender**.
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TIPS FOR ANSWERING QUESTIONS ABOUT: INATTENTION

~Some questions ask if a child has trouble with **attention**. These items **would apply** to a child who shows the following behaviours:

✓ *Stares into space or daydreams, even when you're talking to him/her*

✓ *Rarely finishes projects or gives up easily*

✓ *Needs lots of reminders*

✓ *Is messy or sloppy*

✓ *Makes silly mistakes*

✓ *Leaves things until the last minute*



✓ *Complains that things are too hard or take too long*

✓ *Forgets things like backpacks and jackets at school*

✓ *Is unable to ignore sounds like telephones and sirens*

✓ *Is always misplacing things*

✓ *Has trouble following more than one instruction at a time*



These items **do not apply** when the child's behaviour can be explained by the situation or other conditions; for example, if the child:

× *Deliberately refuses to do things*

× *Lacks the skills or is unable to do the task*



× *Avoids tasks because he/she is nervous, anxious, or fearful*

× *Is inattentive only in some situations*

TIPS FOR ANSWERING QUESTIONS ABOUT: HYPERACTIVITY

~Other questions ask about a child's **level of activity**. These questions would apply to a child who shows the following types of behaviours:

✓ *Fiddles with things like pencils or buttons on clothing*

✓ *Taps his/her fingers or feet and swings his/her legs*

✓ *Gets up to walk around when reading or eating or watching TV*



✓ *Treats furniture like exercise equipment*

✓ *Gives a running commentary, is always chatting, or adds sound effects*

✓ *Seems to have endless energy or is always in motion*



These questions **do not apply** when the child's behaviour can be explained by the situation or other conditions; for example, if the child:

× *Is over-active due to tics or nervousness*

× *Is naturally active, but can sit still when required*

× *Is over-active only when hungry, tired, or stressed*



× *Is temporarily excited or worked up*

× *Is chatty, but can be quiet when necessary*

× *Is talkative because he/she is argumentative and likes to have the last word*



TIPS FOR ANSWERING QUESTIONS ABOUT: IMPULSIVITY

~Some questions ask about a child's impulsiveness. These items **would apply** to a child who shows the following types of behaviour:

✓ *Interrupts and finishes your sentences*

✓ *Starts things before you have finished giving instructions*

✓ *Speaks out without putting his/her hand up in class*

✓ *Wants to go first, or yells "me, me!"*



✓ *Can't wait for his/her turn when playing games*

✓ *Has trouble waiting in line*

✓ *Jumps into the middle of others' activities without being invited*

✓ *Acts or makes decisions without thinking*



These items **do not apply** when the child's behaviour can be explained by the situation or other conditions; for example, if the child:

× *Displays these behaviours because he/she has been waiting a very long time*

× *Displays these behaviours in situations where there is a real emergency or if he/she is frightened*



× *Interrupts only because he/she likes to be the centre of attention*

× *Can control his/her impulses for long periods of time when necessary*



