



# The ADD-vantage

Specialist **ADHD** support services

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## ADHD in Women

Attention deficit hyperactivity disorder (ADHD) is not gender biased. ADHD symptoms exist as often in girls as they do in boys, and the majority of kids with ADHD never outgrow it. What's more, scientific research strongly suggests that ADHD is hereditary. Which means that, if you are the mother of a child with attention and impulsivity problems, you may have ADHD, too.

This comes as a surprise to many women who assume that ADHD is a diagnosis for hyper little boys. Indeed, it is not. ADHD in adults is very real; and ADHD diagnoses among women are on the rise.

According to the 5th edition of *The Diagnostic and Statistical Manual of Mental Disorders*, ADHD symptoms fall into three categories: predominantly hyperactive, predominantly inattentive, and combined type. **Inattentive ADHD** symptoms are still often misunderstood and misdiagnosed by medical professionals who mistake them for stress, anxiety, or another related condition. Inattentive ADHD is also more common in girls and women than it is in boys and men.

If you suspect that you have symptoms of ADHD, **complete the ADHD (predominately) questionnaire below**. If you answer **'very often'** or **'often'** for the **majority** of the questions it indicates an increased likelihood of inattentive ADHD.

***NB \*\*\*\*\*This self-test is not intended to diagnose or to replace the care of a health care professional. Only a doctor can diagnose ADHD based on clinical evaluation. \*\*\*\*\****

## ADHD (predominately inattentive) questionnaire

	Never	Rarely	Sometimes	Often	Very Often
1. Have you ever been thought of as selfish because you don't write thank-you notes or send birthday cards?					
2. Do you feel as if life is out of control, and that it's impossible to meet demands?					
3. Do you feel that you have better ideas than other people but are unable to organize them or act on them?					
4. Do you feel overwhelmed in stores, at the office, or at parties? Is it impossible for you to shut out sounds and distractions that don't bother others?					
5. Do you despair of ever fulfilling your potential and meeting your goals?					
6. Are you clueless as to how others manage to lead consistent, regular lives?					
7. Do you hesitate to have people over to your house because you're ashamed of the mess?					
8. Do you spend your time coping, looking for things, catching up, or covering up? Do you avoid people because of this?					
9. Are you called "a slob" or "spacey?" Are you "passing for normal?" Do you feel as if you are an impostor?					
10. Do you start the day determined to get organized, and end the day feeling defeated?					
11. Do you feel like you're always at one end of a deregulated activity spectrum — either a couch potato or a tornado?					
12. Does time, money, paper, or "stuff" dominate your life and hamper your ability to achieve your goals?					
13. Is your time and energy taken up with coping, staying organized, and holding it together, with no time for fun or relaxation?					
14. Do you shut down in the middle of the day, feeling assaulted? Do requests for "one more thing" put you over the top emotionally?					
15. Do you watch others of equal intelligence and education pass you by?					
16. Do you have trouble keeping track of your finances / spending with in your means?					

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