



The ADD-vantage

Specialist ADHD support services

ADHD in Girls

ADHD often looks different in girls. It is, at times, easy to mistake for hormones, anxiety, or a learning disability. For this reason, too many girls grow up feeling misunderstood. This ADHD self-test was designed for **girls themselves** to take and may help clarify symptoms.

Girls with ADHD are more likely than their male counterparts to demonstrate inattentive symptoms. These inattentive girls are the ones staring out the window, twiddling their hair or doodling incessantly when they should be listening in class. They may be called daydreamers or ditzzy or worse. Early detection and effective treatment are essential to prevent real psychological damage.

Kathleen Nadeau, Ph.D., has devised the following ADHD symptoms checklist specifically for girls. The following questions should be answered by girls themselves, not by parents and teachers, because girls experience ADHD more internally than do boys, who are more likely to exhibit externally hyperactive/impulsive symptoms.

If you suspect that you or your daughter has 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 Girls questionnaire

	Never	Rarely	Sometimes	Often	Very Often
1. I feel embarrassed in class when I don't know what the teacher told us to do					
2. I feel sad, without always knowing why					
3. I feel like I want to cry					
4. I worry more than other people do.					
5. I get upset and angry more than other girls do					
6. I get my feelings hurt more than most girls do					
7. I feel left out					
8. Other girls don't like me, and I don't know why					
9. I have arguments with my friends					
10. When I want to join a group of girls, I don't know how to approach them, or what to say					
11. Even when I have something to say, I don't raise my hand and volunteer in class.					
12. I dread being called on by the teacher because I haven't been listening carefully					
13. I get stomach aches or headaches.					
14. My feelings change					
15. I lose / forget things					
16. I have trouble getting organised for a task					

QUESTIONNAIRE BY Kathleen Nadeau PhD; PUBLISHED IN ADDITUDE MAGAZINE 2018.