CHECKLIST

Find out if your daughter shows signs of ADHD

INTRODUCTION

This checklist helps identify possible ADHD symptoms in young girls. It is a screening tool—not a diagnosis—and is based on established ADHD frameworks and expert input.

It focuses on everyday behaviors observed at home or school. Simply choose the responses that best reflect what you typically see.

If many behaviors are present across settings and over time, consider discussing your concerns with a qualified professional. If few symptoms appear now, ADHD is not ruled out—signs in girls often become more noticeable as demands increase.

Early identification can protect self-esteem, improve school experiences, and lead to earlier support.
This checklist takes less than 10 minutes and includes 10 questions.

CHECKLIST ITEMS

The items below reflect the symptom criteria for ADHD described in the DSM-5. Check all that apply.

1. Inattentiveness

- ☐ Makes careless mistakes in schoolwork
- ☐ Frequently overlooks or misses details
- ☐ Takes excessive time to complete tasks, such as self-care
- ☐ Can hyperfocus on specific interests, tuning everything else out
- ☐ Not applicable

2. Trouble Staying Focused

- ☐ Is easily distracted, especially in unstructured environments
- ☐ Has trouble staying focused during tasks or conversations
- ☐ Is quickly bored or frustrated unless the subject interests her
- ☐ Has an extreme focus on things that greatly interest her
- ☐ Not applicable

3. Poor Listening Skills

- ☐ Seems to be elsewhere, even without distractions
- ☐ Requires frequent repetition of instructions
- ☐ Engages in activities instead of listening
- ☐ Has trouble following directions
- ☐ Not applicable

4. Organization and Forgetfulness

- ☐ Has a poor sense of time
- ☐ Often forgets what someone said
- ☐ Needs frequent reminders
- ☐ Has difficulty with starting and completing task
- ☐ Is disorganized and messy (in appearance and physical space)
- ☐ Frequently misplaces personal items
- ☐ Often makes careless mistakes or misses small details in schoolwork and chores.
- ☐ Frequently avoids or resists tasks that require a long period of focus (like homework)
- ☐ Not applicable

5. Restlessness and Impulsivity

- ☐ Fidgets or squirms excessively
- ☐ Leaves seat when expected to remain seated
- ☐ Interrupts or butts in on others conversations or activities
- ☐ Is often asked to quiet down
- ☐ Quickly becomes impatient
- ☐ Finishes other people's sentences or blurts out answers before a question is finished
- ☐ Has a hard time waiting for her turn in games, conversations, or standing in line
- ☐ Talks excessively or 'chills out' by talking constantly
- ☐ Not applicable

6. Physical and Verbal Energy

- ☐ Has difficulty playing or engaging in hobbies quietly.
- ☐ Seems to be "on the go" constantly, as if driven by an internal motor.
- ☐ Is uncomfortable being still for long periods (e.g., in a restaurant or during a movie).
- ☐ Often runs, climbs, or moves around when she is expected to be seated or quiet.
- ☐ Not applicable

Additional Behaviors Frequently Seen in Girls with ADHD

The previous six items reflect DSM-5 ADHD symptoms. The four items below describe additional patterns often seen in girls with ADHD in clinical settings.

7. Emotional Dysregulation

- ☐ Gets upset or angry about minor things
- ☐ Over-reacts to criticisms or perceived rejections
- ☐ Cries easily or has meltdowns
- ☐ Behaves well in school but is reactive and irritable upon arrival at home
- ☐ Becomes extrememly upset when plans changed unexpectedly
- ☐ Not applicable

8. Socially Awkward

- ☐ Has difficulty making and keeping friends
- ☐ Is aggressive and bossy with peers
- ☐ Is shy and introverted
- ☐ Prefers solitary activities
- ☐ Prefers interacting with adults or significantly younger children
- ☐ Mimics how other girls talk, dress or play to fit in
- ☐ Not applicable

9. Anxious and Depressed Behaviors*

- ☐ Is reluctant to go to school or asks to stay home
- ☐ Fears being separated from parents
- ☐ Afraid of making her teacher angry
- ☐ Has trouble falling asleep at night
- ☐ Is clingy and reluctant to try new things
- ☐ Constantly worries about small things
- ☐ Is unhappy or cries frequently
- ☐ Makes negative comments about herself
- ☐ Believes other girls don't like her
- ☐ Reports frequent physical complaints like stomach or headaches.
- ☐ Not applicable

10. Heightened Sensory Issues*

- ☐ Is fussy about how clothing fits and feels
- ☐ Can't tolerate certain food textures and tastes
- ☐ Gets overwhelmed by loud or visually stimulating environments
- ☐ Not applicable

Additional behaviors sometimes observed in girls with ADHD:

- ☐ Bedwetting
- ☐ Nail biting
- ☐ Picking at cuticles or skin
- ☐ poor handwriting

If your daughter frequently exhibits several of these behaviors and they interfere with her daily functioning, it's crucial to seek a professional evaluation. Discussing your concerns with your child's school, including possibly involving a behavior specialist, can be beneficial.

If she doesn't have many symptoms now, it doesn't rule out ADHD as these behaviors may become more apparent when the demands on her increase.

This checklist was developed in collaboration with five ADHD specialists, including Kathleen Nadeau, Ph.D. and Oren Mason, M.D. and is based on the DSM-5 and the DIVA-5. It is designed to identify potential ADHD symptoms in young girls. It is a screening tool, not a diagnostic instrument.

Thank you for completing the FINDtheADHDgirls Checklist.