

Table 1: Symptoms of ADHD in Adults

SYMPTOM	FEATURES
Disorganization and Difficulty with Task Completion	<ul style="list-style-type: none">▪ Poor organizational skills▪ Chronic procrastination or trouble getting started▪ Working on many projects simultaneously▪ Trouble with follow through on promises or commitments▪ Changing plans regularly, enacting new schemes or career plans and the like▪ Difficulty structuring time and setting priorities (e.g., chronic lateness)
Impulsivity	<ul style="list-style-type: none">▪ A tendency to say what comes to mind without considering the timing or appropriateness of the remark▪ Difficulties with self-control▪ Spontaneous, spur-of-the-moment behaviors or comments▪ Frequently interrupting others when they are talking▪ A tendency toward addictive behaviors
Hyperactivity	<ul style="list-style-type: none">▪ Physical or cognitive restlessness▪ Craves excitement, frequently searching for high stimulation▪ An intolerance of boredom
Attention Problems	<ul style="list-style-type: none">▪ Easily distracted, trouble focusing attention (e.g., tunes out or drifts away in the middle of a page or a conversation)▪ Chronic forgetfulness▪ Inaccurate self-observation
Emotional Instability	<ul style="list-style-type: none">▪ An ongoing tendency to worry excessively, that may alternate with disregard for actual dangers▪ A sense of insecurity

	<ul style="list-style-type: none">▪ Mood swings▪ Chronic problems with self-esteem▪ Frequent boredom and discontent▪ A chronic sense of underachievement, of not meeting one's goals, regardless of actual performance
Low Stress Tolerance	<ul style="list-style-type: none">▪ Impatient, doesn't deal well with frustration▪ Easily flustered, tense▪ Exaggerates the significance of negative events (i.e. makes "mountains out of molehills")▪ Short temper, likely with a history of explosive episodes