

## ADHD Zone UK – Free ADHD Symptom Checklist (2026)

### Important Disclaimer

This checklist is for information and self-reflection only. It is **not** a diagnostic tool and cannot replace a professional assessment. ADHD symptoms vary and can overlap with other conditions. If several symptoms affect your daily life, speak to your GP about a referral. ADHD Zone UK is not a substitute for medical advice.

### How to use this checklist

- Tick the box ✓ if the statement describes you (or your child) **often** and it causes real difficulty.
- Be honest – there are no right or wrong answers.
- Symptoms usually start before age 12 and appear in at least two settings (home, work, school, social).
- At the end, count your ticks and read the “Next Steps” section.

### Inattention

- Easily distracted by noise, thoughts or surroundings
- Find it hard to listen when people are talking or to follow instructions
- Often forget everyday tasks (appointments, bills, brushing teeth, keys)
- Struggle to finish tasks or projects once started
- Avoid or dislike tasks that need sustained mental effort (reading, paperwork)
- Lose or misplace things a lot (phone, wallet, homework)

### Hyperactivity & Restlessness

- Feel constantly restless or “on the go” inside (even if sitting still)
- Fidget, tap hands/feet or need to move around a lot
- High energy levels that make it hard to relax
- Talk noisily or interrupt others without meaning to

### Impulsivity

- Act or speak without thinking about consequences
- Find it hard to wait your turn (queues, conversations)
- Interrupt people or blurt out answers
- Make impulsive decisions (spending, quitting jobs, relationships)

### Emotional Regulation & Overthinking

- Emotions feel intense or change quickly (rage, tears, excitement)
- Overthink everything or replay conversations in your head
- Rejection or criticism hits especially hard (rejection sensitive dysphoria)
- Mood swings that feel out of proportion

### Masking & Overstimulation

- Hide or “mask” symptoms to fit in (exhausting!)
- Feel overwhelmed by noise, lights, crowds or textures (sensory overload)
- Need to withdraw or shut down after busy days
- Exhaustion from constantly pretending to be “normal”

### **Time Management, Forgetfulness & Hyperfocus**

- Time blindness – hours disappear or you're always late
- Hyperfocus on interesting things (forget to eat, sleep or reply)
- Struggle to plan, organise or estimate how long tasks take
- Forget what you were doing mid-task

### **Your score**

Total ticks: \_\_\_\_\_

### **What this might mean** (for reflection only)

- 6 or more ticks in any section + symptoms since childhood + impact on daily life = worth discussing with your GP.
- Many people with ADHD tick symptoms in both inattention and hyperactivity/impulsivity.
- Girls and women often show more inattentive, emotional and masking symptoms and can be missed.

### **Next Steps**

You've already taken a brave step by filling this in.

- Go to our **Diagnosis** page for the latest NHS waiting times and Right to Choose options.
- Check our **Resources** page for helplines, support groups and free tools.
- Download this checklist again anytime or share it with a partner/teacher/GP.

You are not alone. Help is available in the UK and you deserve support.

**ADHD Zone UK** – Information and strategies only. Last updated March 2026.

[www.adhdzone.uk](http://www.adhdzone.uk)