



Scan for more tools

Underrated
Superhero

ADHD Traits Exploration Tool

Helps identify patterns consistent with ADHD traits in attention, hyperactivity/impulsivity, and executive functioning – for self-reflection and discussion, not diagnosis.

Instructions: Rate each statement based on the past 6 months.

Rating Scale:

0 = **Never** 1 = **Sometimes** 2 = **Often** 3 = **Almost Always**

Section A – Attention & Focus				
Items	0	1	2	3
I have trouble finishing tasks once I start them.				
I get easily distracted by noises or unrelated thoughts.				
I lose or misplace important items frequently.				
I avoid tasks that require sustained mental effort.				
Section B – Hyperactivity & Impulsivity				
Items	0	1	2	3
I feel restless or “on the go” much of the time.				
I blurt out answers or interrupt conversations.				
I have difficulty waiting my turn in situations.				
I fidget or tap my hands/feet when seated.				
Section C – Executive Functioning				
Items	0	1	2	3
I struggle to organize tasks and manage time.				
I procrastinate even on important tasks.				
I underestimate how long tasks will take.				
I have trouble following multi-step instructions.				

Scoring Guide:

- **0–12: Minimal trait expression** – monitor if symptoms impact daily life.
- **13–24: Moderate** – traits may impact performance; explore coping supports.
- **25–36: Strong** – consider full assessment for ADHD.

Part of the Clinical Screening Series – theunderratedsuperhero.com/resource-library-hub/

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Notes
