

SURVIVE AND THRIVE

Managing Life with Adult ADHD

Abigail's Podcast Cheatsheet

#002 Diagnosis and Common Co-Morbidities

Diagnosis: The best way to get diagnosed is to either go to a doctor such as a psychiatrist or a diagnostician. Try to find someone who is recommended to you. In the past you were diagnosed with ADHD Hyperactive, ADHD Inattentive or ADHD Combination. Now people are simply diagnosed as either having ADHD or not. It can be helpful if the clinician shares which one they think you are. There are no straightforward tests to take just to diagnose ADHD. There are questionnaires however available that can't give you a definite answer but they can be helpful to give you an idea as to whether it is possible you are affected by ADHD.

Adult ADHD Self-Report Scale Symptom Checklist

- Difficulty wrapping up details of a project
- Poor organizational skills
- Frequently missed appointments or obligations
- Avoids tasks that require sustained attention
- Difficulty with repetitive tasks
- Often makes careless mistakes
- Prone to temper or anger outbursts
- Easily distracted
- Forgetful, loses or misplace things
- Difficult to concentrate on what people are saying to you
- Trouble with remaining still and not fidgeting
- Poor sense of direction
- Difficult to relax and unwind
- Frequently interrupts others
- Impulsive behavior
- Pattern of broken promises and commitments
- Internal sense of restlessness
- Finds it difficult to wait

This list was adapted from the *Adult ADHD Self-Report Symptom Checklist* by

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Co-Morbidities: Co-morbidities are additional pathologies that are common if you are affected by ADHD. Co-morbidities for ADHD include:

Anxiety
Depression
Oppositional Disorders
Substance Abuse
Bipolar Disorder
Tics

Not everyone with ADHD has co-morbidities.

Thank you for listening to my podcast and downloading this cheatsheet. For further information go to my website www.abigailwurf.com.