
Behavioral Observation Checklist for Detecting ADHD in Children



Checklist on observational behaviors commonly associated with ADHD in children, focusing on inattention, hyperactivity, and impulsivity

1. Inattention

- Fails to sustain attention on tasks or activities.
- Frequently makes careless mistakes in work.
- Seems not to listen when spoken to directly.
- Has difficulty following through on instructions.
- Avoids or dislikes tasks requiring sustained mental effort.
- Frequently loses items necessary for tasks (e.g., pencils, books).
- Easily distracted by external stimuli.
- Frequently forgets daily activities or instructions.

2. Hyperactivity

- Fidgets with hands or feet or squirms in seat.
- Leaves seat frequently when remaining seated is expected.
- Runs or climbs in inappropriate settings (or feels restless in older children).
- Has difficulty playing or engaging in leisure activities quietly.
- Often appears "on the go" or acts as if "driven by a motor."
- Talks excessively or at inappropriate times.

3. Impulsivity

- Blurts out answers before questions are completed.
- Has difficulty waiting for their turn.
- Interrupts or intrudes on others' conversations or games.
- Acts without considering consequences.
- Demonstrates difficulty with delayed gratification.

4. Academic and Social Impact

- Struggles to complete tasks or assignments within expected timeframes.
- Requires frequent redirection from the teacher.
- Has trouble maintaining relationships with peers.
- Exhibits frustration or emotional outbursts during challenging tasks.
- Engages in behaviors that disrupt the learning environment.

5. Triggers and Contextual Factors

- Behaviors worsen during transitions between activities.
- Behaviors improve with structured and predictable routines.
- Increased difficulty observed in group settings.
- Displays better focus in one-on-one or small group activities.