
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.