

# Common ADHD Symptoms in Adults



## INATTENTION

## HYPERACTIVITY

## IMPULSIVITY

Difficulty beginning and following through with projects or tasks such as a work assignment or chores

Fidgeting or squirming in seat (hands, feet, or legs)

Blurting out statements or questions at inappropriate times

Difficulty with giving close attention to detail for tasks and can make careless mistakes

Being "on the go" a lot or feeling active

Difficulty waiting for a turn, or impatience when having to wait in line

Difficulty sustaining attention during certain activities such as lectures, reading, or conversations

Excessive talking during conversations with others

Often interrupts others during conversation, activities, or games

Distracted by extraneous stimuli such as noises, TV, music, chatter

Getting up and moving around in inappropriate situations such as during a meeting

Appear disinhibited in social situations (they have a disregard for social conventions and norms)

Forgetfulness in daily activities and routines such as grocery shopping and work tasks

Will have feelings of restlessness

Difficulty organizing tasks at home or at work

Having a hard time controlling urges and taking a lot of risks

### Sources:

[www.adhd-institute.com](http://www.adhd-institute.com),  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

# Adult Add

**Ying-Ying Zheng**



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