

# Attention Deficit Hyperactivity Disorder (ADHD Signs): What to Look For

If you're wondering whether you might have ADHD, here's what the experts look for. These signs fall into two main categories: trouble paying attention and being super active or impulsive. You'd need to notice at least six of these (or five if you're 17 or older) in each category, and they should be happening for at least six months, making daily life harder for you.

## 1. Trouble Paying Attention

- You often miss details or make careless mistakes at school, work, or with other things.
- You find it hard to stay focused on tasks or play.
- You get distracted easily, even when people are talking to you directly.
- You have trouble following instructions, so you might not finish schoolwork, chores, or work projects.
- Organising things, like your schedule or belongings, is difficult.
- You put off or avoid tasks that take a lot of mental effort, like homework or long projects.
- You regularly lose things you need, like your phone, keys, or homework.
- Little things around you pull your attention away easily.
- You often forget things you're supposed to do, even daily stuff.

## 2. Hyperactivity and Impulsivity

- You fidget a lot, tap your hands or feet, or just can't seem to sit still.
- You often get up from your seat when you're supposed to stay put.
- You feel restless, like you need to move or do something, even when it's not appropriate.
- Quiet activities are tough—you might be loud or have a hard time relaxing.
- You always feel like you're "on the go," like you're driven by a motor.
- You talk a lot, maybe more than others around you.
- You blurt out answers before the question is done.
- Waiting your turn is hard; you get impatient in lines or group games.
- You interrupt others a lot, maybe by butting into conversations or when someone is on the phone or in an online meeting.

## Other Things to Know

- People noticed these traits started before you turned 12.
- These patterns are seen in more than one place—like at home, at school or work, or with friends.
- These habits or struggles really get in the way of doing well at school, work, or in your relationships.
- It's not just because of another mental health issue or something else going on in your life.

If these challenges sound familiar and have been going on for a while, it may be worth talking with a teacher or psychologist about a formal evaluation.