



Optum Care Washington, PLLC

Name _____ Date _____ (Mrn _____)

Adult ADHD/ADD questionnaire – Optum Care Washington behavioral health

- YES / NO / UNSURE:** Any form or letter for school or work that you want completed today?
- YES / NO / UNSURE:** Do you have old school report cards, transcripts, test reports, work samples/ reviews, or other documents that describe your past functioning?
- YES / NO / UNSURE:** Anybody we can call or talk to who knows firsthand how ADHD/ADD issues have affected you?
- YES / NO / UNSURE:** Willing to learn new organizational and self-management strategies
- YES / NO / UNSURE:** Interested in ADHD information from websites, handouts, or books
- YES / NO / UNSURE:** Want to try medication

History of ADHD symptoms

- YES / NO / UNSURE:** Were you a difficult, colicky baby or toddler?
- YES / NO / UNSURE:** As a preschooler, did parents or other people describe you as hyper or always on the go?
- YES / NO / UNSURE:** Did you have acting out or behavior problems in school?
- YES / NO / UNSURE:** Learning disabilities in reading, writing, math, or speech, or special education program/ IEP in school

Have you had ADHD/ADD issues in:

- YES / NO / UNSURE:** Elementary school
- YES / NO / UNSURE:** Middle school
- YES / NO / UNSURE:** High school
- YES / NO / UNSURE:** College or training program
- YES / NO / UNSURE:** Jobs, or difficulty keeping a job
- YES / NO / UNSURE:** Friendships or social activities
- YES / NO / UNSURE:** Intimate relationships/partnerships
- YES / NO / UNSURE:** Handling things at home
- YES / NO / UNSURE:** Managing finances
-
- YES / NO / UNSURE:** Coffee, caffeine, or power drinks help me focus and perform
- YES / NO / UNSURE:** Have tried ADHD medication and it helped
- YES / NO / UNSURE:** Previously diagnosed with ADHD/ADD

YES / NO / UNSURE: Any close biological relative (parent, sibling, child) with diagnosed ADHD/ADD or highly likely

YES / NO / UNSURE: ADHD medication has helped a close biological relative

Other conditions now or past

YES / NO / UNSURE: Medical conditions

YES / NO / UNSURE: Medications

YES / NO / UNSURE: Vision or hearing problems

YES / NO / UNSURE: Concussions or head injuries (for example, with vision disturbance, disorientation, or nausea)

YES / NO / UNSURE: Cardiovascular issues (high blood pressure or heart abnormalities)

YES / NO / UNSURE: Glaucoma

YES / NO / UNSURE: Hyperthyroidism

YES / NO / UNSURE: Seizure history

YES / NO / UNSURE: Tics (repetitive, unwanted muscle movements or verbal twitches) or family history of Tourette's Syndrome

YES / NO / UNSURE: Substances or alcohol problems, now or past, or marijuana use

YES / NO / UNSURE: More than a year since you had a medical checkup and basic metabolic labs (blood and urine tests)

YES / NO / UNSURE: Childhood problems (physical abuse, family fighting, unwanted sexual touching or abuse, neglect, losses, PTSD)

YES / NO / UNSURE: Anxiety, worrying, or panic

YES / NO / UNSURE: Depression or mood swings

YES / NO / UNSURE: Sleep problems (lack of sleep, tiredness, nightmares, snoring, or sleep apnea)

YES / NO / UNSURE: Eating problems or disorders, poor eating habits

YES / NO / UNSURE: Any close biological relative with major mental health issues like major depression, bipolar, or schizophrenia

Optum Care Washington, PLLC

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us. This includes letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-425-382-4790, TTY 711. ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-425-382-4790, TTY 711. 請注意：如果您說中文 (Chinese), 我們免費為您提供語言協助服務。請致電：1-425-382-4790, TTY 711.

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.