

Female ADHD Self-Screening Test

Instructions: Check each statement that feels true for you often or very often.

Attention & Focus

- ☐ Do you struggle to finish projects, even ones that start out exciting?
- ☐ Do you often start one task, then jump to another before finishing the first?
- ☐ Do you forget details, appointments, or deadlines even when you care deeply about them?
- ☐ Do you find yourself daydreaming or “zoning out” when others seem to stay focused?

Organization & Daily Life

- ☐ Is your purse, desk, or room often cluttered — no matter how hard you try to stay organized?
- ☐ Do you lose things like keys, papers, or your phone more than most people?
- ☐ Do you get easily overwhelmed by chores, planning, or multi-step instructions?
- ☐ Do you rely on last-minute bursts of energy to meet deadlines?

Emotions & Self-Image

- ☐ Do small frustrations make you cry, snap, or shut down quickly?
- ☐ Do you feel deeply hurt by criticism or rejection (“rejection sensitivity”)?
- ☐ Do you often feel anxious, guilty, or like you’re “not good enough”?
- ☐ Do you hide how hard you’re working to seem calm or “together” to others?

Relationships & Daily Functioning

- ☐ Do friends or coworkers describe you as “scattered,” “spacey,” or “dramatic”?
- ☐ Do you interrupt or talk too much when you’re excited — then regret it later?
- ☐ Do you hyperfocus on something you love, losing track of time or responsibilities?
- ☐ Do mood swings, exhaustion, or hormones (puberty, period, etc.) make symptoms worse?

Scoring

Count how many boxes you checked:

- 0-5: Everyone has off days — ADHD less likely, but patterns may still be worth noticing.
- 6-11: Possible ADHD traits — consider journaling or discussing with a parent, teacher, or counselor.
- 12+: Strong ADHD-like pattern — talk with a qualified professional for a full evaluation.

Girls and women often mask ADHD by over-working, over-achieving, or blaming themselves. Symptoms can worsen under stress or hormonal shifts. Early awareness helps you find strategies and supports that work for your unique brain.

Adapted from ADDitude Magazine’s “Female ADHD Test: Symptoms in Women and Girls” (Aug 11, 2025)
Educational use only — not a medical diagnosis.

