

YOUR RESULTS



Thank you for taking the TotallyADD.com screener test.

Your answers suggest you may have:

The Combined Subtype of Attention Deficit/Hyperactivity Disorder.

Some call it ADHD for short. People with ADHD struggle with Attention & Focus. They may be Forgetful, Daydreamers, Sensitive, Lateral Thinkers, and Easily Overwhelmed by emotion or noisy situations.

A majority also struggle with Hyperactivity and Impulsivity. They have this Combined Subtype of ADHD. They tend to be driven, restless, talkative, impatient, and have strong emotions. They may be curious, full of ideas, and always on the move.

NOTE: ADHD/ADD is never black and white. The symptoms fall on a spectrum. Some may be a constant problem, others occur less often, or rarely.



Who created this quiz?

Hi, I'm Rick Green, creator of the award-winning PBS program [ADD & Loving It?!](#), and [TotallyADD.com](#).

This quiz is based on the American Psychiatric Association's **Diagnostic & Statistical Manual V** and the World Health Organization's **Adult Self-Reporting Scale**.

'How accurate is this test?'

This is a preliminary screener. It suggests ADHD might be an issue for you.

A [proper diagnosis](#) requires a doctor who understands ADHD/ADD. The symptoms must be causing you problem in several areas of life, and for more than 6 months. NOTE: You may not have all the 'symptoms.'

The key is to understand what ADHD is, identify which 'symptoms' are causing you the biggest problems in your life, and deal with them.

'How can I suddenly have a 'Disorder' at my age?'

Great question. How can you live for decades and not know?

First, the symptoms of ADD are not exotic. They are things everyone faces, especially these days. They include: forgetfulness, distraction, poor focus, uneven attention, 'zoning out', lost in thought. When these are constant, it's ADD.

In fact, ADD is heritable. So you may have struggled since childhood. It's all you've known. You assumed this is normal for everyone. *It is not.*

4 Things You Need To Know

1. ADHD is not a lack of effort, intelligence, or character.
2. It's not caused by diet, TV, food dye, or bad parenting.
3. It's not new. Doctors were describing symptoms of what we now call ADHD back in the 1700 and 1800s.
4. ADHD is treatable. In the right situation we can soar.

A BIT OF BASIC BRAIN SCIENCE

(Don't worry. It's not Rocket Science.)

- ADHD is not an illness--you can cure an illness. ADHD is ongoing. It is a Neuro-Developmental Disorder.
- Part of the problem seems to be low levels of two neuro-transmitters, Dopamine and Norepinephrine, chemicals that carry the messages around the brain. If you don't have enough, the messages don't get through.
- There is a strong genetic factor to ADHD/ADD. Over 20 'suspect' genes have been identified since 1999. This explains why it runs in families. If one parent has ADHD/ADHD, each child has a 30-40% chance of having it as well.
- New Brain Imaging technology, such as MRIs have shown real differences in the structure of the ADHD brain and in how it works.
- The good news? The human brain can change, forming new connections, at any age. It's called 'Neuro-plasticity.'



What is ADD?

‘So what exactly is going on with me?’

One perspective is to think of the ADHD brain as being ‘half-asleep.’

Another perspective sees this as a brain that is ‘reward deficient.’ We may require more stimulation to get engaged and in gear. (Which is why when we find something we’re interested in, we can be unstoppable. It’s called hyper-focus.)

A newer perspective that I think better captures the scope of the issues is to consider ADHD a problem with **‘Executive Functions.’** *Which means?*

Well, what do executives at a big company do? They handle:

Long-Term Planning. Managing Costs and Finances.

Organizing. Setting Goals. Following Routines & Standard Procedures. Sticking to Schedules. Tracking Progress.

Checking Details. Seeing Projects Through to Completion.

And these Executive Functions are usually NOT our strengths.

‘Doesn’t *everyone* forget stuff, lose things, make mistakes, procrastinate, or feel overwhelmed?’

Yes. Everyone does... *now and then*. But, when these are FREQUENT and ONGOING problems that are impairing you in several areas of life, (despite your best intentions) *then* it make sense to call it a Disorder.

THE BOTTOM LINE?

You can dramatically reduce the ‘symptoms’ and make life far easier.

Costs, Risks & Downside



Numerous studies have show that adults with Undiagnosed & Untreated ADHD/ADD suffer:

- 2 times the risk of divorce,¹ lower levels of marital happiness ¹
- 2 - 3 times the risk of being expelled¹, dropping out¹, or settling for a lesser degree¹
- 2 - 4 times risk of bankruptcy¹, being fired¹, frequent job changes¹, being unemployed¹, being under-employed¹
- 7 times the rate of multiple car accidents¹. More E.R. visits¹
- 3 times the rate of unplanned pregnancies¹.
- Earning \$8,000 to \$14,000 less than your non-ADHD peers¹.
- Self-medicating with risky behaviors¹, extreme sports, sex¹, shopping¹, problem gambling¹
- 5 - 7 times the rate of Substance Abuse¹ and/or Alcoholism¹.

REMEMBER: These are the rates for untreated ADHD/ADD.

Once you know what's going on and use ADHD-Friendly tools and strategies everything changes. But do nothing and nothing changes.

Sources: 1;2; 3;4; 5; 6; 7; 8; 9; 10; 11; 12; 13; 14; 15

(REFERENCES TO COME)

The Good News!



What can I do about it? Is there a cure? Am I doomed?

Doomed? Not at all. One study found a Holistic, or Multi-Modal plan that draws upon a number of tools and strategies can reduce core symptoms by up to 75%.

Many adults with ADHD/ADD are leaders in the arts, show biz, sports, high-tech, and sales. Often intuitive and sensitive, they become wonderful teachers, therapists, journalists, or counselors.

The first step is Education. Understand what ADD is. [Get the facts.](#)

As you learn more, and if it still feels like, 'This is me,' talk to your Doctor about getting a proper diagnosis. Ideally from a specialist.

In the meantime try some [ADD-Strategies](#) and see if they help.

SUCCESSFUL ADULTS WITH ADHD/ADD:

Sir Richard Branson

Kinko's founder Paul Orfalea.

Swimmer Michael Phelps

Cycling champion Greg Lemond.

Jet Blue's David Neeleman

Singer Naomi Judd

Justin Timberlake

Cher

Billy Armstrong (Green Day)

Adam Levine (Maroon 5)

Zoey Deschanel

Jim Carrey

Will Smith

Chef Jamie Oliver

Broadcaster Terry Bradshaw

Baseball player Andre Torres

... and many more.

70% of people with ADHD/ADD also have a second disorder. The most common are a Learning Disorder, Depression, Anxiety Disorder, O.C.D., or Substance Abuse.

YOU SHOULD KNOW

**TOOLS
SUPPORT
ANSWERS
RESOURCES
TIPS & TRICKS**

- To learn more about ADHD/ADD in adults watch our [Free Videos](#).
- You'll find 36 simple strategies that we love and use to succeed with ADHD in our PBS program, [ADD & Mastering It!](#)

Check out full-length videos featuring dozens of top experts on:

[HELPING KIDS](#)

[MEDICATION](#)

[SLEEP ISSUES](#)

[THE PERFECT CAREER](#)

[155 WAYS SYMPTOMS](#)

[ANGER](#)

[GETTING DIAGNOSED](#)

[WHO SHOULD I TELL?](#)

[COLLEGE](#)

**BEAR
IN
MIND**



ADHD is complex. Everyone is different. Your blend of symptoms is *unique to you*. So the arsenal of *tools and strategies* that you develop will be unique to you.

If you live for years with undiagnosed ADD/ADD you may develop a chronic sense of 'underachieving. No wonder! You've been in wrestling match against an invisible opponent. And totally unaware.

Discovering that this hidden saboteur has been undermining your life can trigger a tornado of Anger, Regret, Sadness, Denial, then eventually Relief, Hope, and Excitement about the future. To understand this tornado and how to move past it, check out our video ['Now You Tell Me?!'](#)