

## SNAP IV Self Rating Scale (ADHD)

Your Name: .....

Date of Birth: ..... NHs no: .....

Age: .....

Date: \_\_\_\_\_

For each item, select the box that best describes you. Put only one tick per item.		NOT AT ALL (0)	JUST A LITTLE (1)	QUITE A BIT (2)	VERY MUCH (3)
1.	I often rush my work and make careless mistakes				
2.	I often have difficulty concentrating in tasks or play activities.				
3.	I often feel like I have missed instructions that I have been told				
4.	I often struggle to finish a task				
5.	I often have difficulty organising tasks and activities.				
6.	I often avoid tasks where I have to sit and focus for a long time				
7.	I often lose things (i.e. phone, jumper, water bottle etc.)				
8.	I am often distracted by other people or things in the class room when I should be working				
9.	I am often forgetful in daily activities.				
10.	I often fidget with my hands or feet or squirm in my seat.				
11.	I often leave my seat in the classroom or other places when I should be sitting i.e. cinema				
12.	I often run about or climb a lot when I shouldn't be				
13.	I often have difficulty being quiet when I am meant to be				
14.	I am often on the go and feel restless				
15.	I often talk excessively.				
16.	I often blurt out answers before questions have been completed.				
17.	I often have difficulty waiting my turn.				
18.	I often interrupt (e.g. butt into conversations/games).				

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For each item, select the box that best describes you. Put only one tick per item.		NOT AT ALL (0)	JUST A LITTLE (1)	QUITE A BIT (2)	VERY MUCH (3)
21.	I often lose my temper.				
22.	I often argue with adults.				
23.	I often actively refuse to do what I'm asked				
24.	I often deliberately do things that annoy other people.				
25.	I often blame others for my mistakes or misbehaviour.				
26.	I am often touchy or easily annoyed by others.				
27.	I am often angry or resentful.				
28.	I am often unkind				

This questionnaire can be used as part of an ADHD assessment.