

Your adult ADHD self-check

What your result means, and what to do next

Thank you for taking the adult ADHD self-check. It's the six-question screener from the World Health Organization's Adult ADHD Self-Report Scale (ASRS v1.1), covering the last six months.

What your result means

- ◆ **0–3 key signs:** fewer signs than the screening threshold. If focus is still a struggle, stress, trauma, poor sleep, anxiety or low mood can look a lot like ADHD.
- ◆ **4–6 key signs:** your answers are consistent with adult ADHD and worth a full assessment.

Getting a diagnosis

Only a physician or psychologist can diagnose ADHD in BC. Start with your family doctor. They can assess you or refer you to a psychiatrist or psychologist. Bring this result with you.

Three things to try this week

- 1 Get it out of your head.** Put every task, appointment and idea in one place, either a notebook or one app, not five.
- 2 Shrink the first step.** Instead of "do taxes," try "open the tax folder for five minutes." Starting is often the hardest part.
- 3 Use a body double.** Work alongside someone, in person or on a video call, even if they're doing something else.

When to reach out

- ◆ Focus problems are affecting work, studies, money or relationships.
- ◆ You feel shame or frustration about "not trying hard enough."
- ◆ You're not sure whether it's ADHD, anxiety or the effects of past stress.

Counselling can help you build strategies, ease the shame that often comes with ADHD, and sort out what's driving the difficulty.

Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

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This self-check is a screening tool, not a diagnosis. Only a qualified health professional can assess you properly.

In crisis? Call or text 9-8-8 any time, or call 911 in an emergency.

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