



**Hill Checklist for  
Attention Deficit And Related Disorder (Adult)**

---

Developed by Robert W. Hill, Ph.D, to be used in conjunction  
with Neurotherapy or EEG Neurofeedback

The Oaks Psychological Services,  
P.O. Box 2077, Abingdon, VA 2412

Name of Patient: \_\_\_\_\_ Age: \_\_\_\_\_

Date Form Completed: \_\_\_\_\_

Form Completed By: \_\_\_\_\_

**INSTRUCTIONS**

1. Place a checkmark by each category that applies under its related severity.
2. Be as honest as possible in your responses as these will assist us to better evaluate you.
3. If you have any questions, please consult and staff member at the center.
4. Thank you in advance for your thoroughness in responding to this inventory.

I - Attention Deficit	NOT PRESENT 0	VERY MILD 1	MILD 2	MODERATE 3	SEVERE 4	VERY SEVERE 5
Does not seem to listen when spoken to						
Makes careless errors						
Avoids or dislikes tasks requiring attention						
Short attention span						
Disorganized						
Loses things						
Procrastinates						
Easily distracted						
Forgetful in daily activity						
Difficulty completing tasks						
Gets bored easily						
Stares into space/daydreaming						
Low energy, sluggish or drowsy						
Apathetic or unmotivated						
Frequently switches from one activity to another						
Trouble concentrating						
Falls asleep doing work						
Failure to meet deadlines						
Underachiever						
Trouble following directions						
Excited in the beginning but doesn't finish						
Difficulty learning/remembering						
Works best under deadlines/pressure						
II - Hyperactivity						
Fidgets with hands and feet						
Squirms in seat						
Frequently leaves seat inappropriately						
Moves excessively						
Difficulty working quietly						
On the go						
Driven						
Talks excessively						
Can't sustain eye contact						
Needs a lot of supervision						
Pays attention to everything						
Frequently "rocks"						
Excitability						
Lacks patience						
In trouble frequently						
Restless						

III - Oppositional behavioral	NOT PRESENT 0	VERY MILD 1	MILD 2	MODERATE 3	SEVERE 4	VERY SEVERE 5
Oppositional and disrespectful toward authority						
Often loses temper						
Argumentative						
Often defies rules						
Frequently refuses request						
Deliberately does things that annoy others						
Blames others for his mistakes or behavior						
Touchy or easily annoyed by others						
Angry and resentful						
Spiteful or vindictive						
Swears or uses obscene language						
Shows provocative behavior						
Shows excessive stubbornness						
Lies frequently						
Must have his own way						
Plays tricks on or teases others						
Doesn't keep promises						
Resists being disciplined						
Cannot take teasing						
Refuses to take suggestions						
Has an "I don't care" attitude						
Doesn't come home on time						
Often absent from work						
Frequent trouble at work						
Can't hold a job						
IV - Anxiety						
Panic attack type symptoms						
Frequently nervous						
Often upset						
Generally fearful						
Fearful of losing control						
Fearful of a specific object or event						
Jumpy, hyper vigilance						
Timid						
Worries excessively						
Persistent thoughts						
Repetitive behaviors (hand washing, counting)						
Exaggerated startled response						
Shaking, trembling						
Tearful						
Fear of death or dying						
Tense muscles						
Always on edge						

<b>V - Aggressive / Sadistic Behavior</b>	<b>NOT PRESENT 0</b>	<b>VERY MILD 1</b>	<b>MILD 2</b>	<b>MODERATE 3</b>	<b>SEVERE 4</b>	<b>VERY SEVERE 5</b>
Bullies, threatens or intimidates others						
Often initiates fights						
Has used a weapon that could harm others						
Has been physically cruel to others						
Has been physically cruel to animals						
Has stolen while confronting victim						
Has forced someone into sexual activity						
Deliberate fire setting						
Broken into the property of others						
Lies to obtain goods and favors						
Stolen without confronting victim						
Does not respect anyone						
Bosses others around						
Makes derogatory remarks about others						
Seems to enjoy being in trouble "a hero"						
Delights in failure of others						
Pushes or shoves others						
Cheats at games						
Preoccupied with death, guns and killing						
<b>VI - Tic Disorders / Motor Tics (Sudden jerky type motions)</b>						
Facial tic: eye blinking, eye rolls, squinting, grimacing, lip licking, biting tongue, grinding teeth						
Head & Neck: hair out of the eyes, neck jerking, tossing head around, shoulder shrugging						
Arms & hands: flailing arms, extending arms, biting nails, finger signs, flexing, picking skin						
Diaphragm: unusual inhale, exhale, gasping for breath						
Legs: kicking, hopping, skipping, jumping, bending, stopping, stepping backward						
Feet: tapping, shaking, toe curling, tripping, turning feet						
Others: blowing, smelling, twirling hair, jerking, kissing, hitting self, chewing, scratching, shivering						
<b>VOCAL TICS</b>						
Throat clearing, coughing						
Grunting, snorting, animal noises						
Yelling, screaming						
Sniffing, burping						
Barking, honking						
Motor or jet noises						
Spitting						
Squeaking, "huh"						
Humming						
Stuttering						
Deep breathing, sucking in breath						
Repetitive cursing, "fu", "sh"						

<b>VII - Other</b>	<b>NOT PRESENT 0</b>	<b>VERY MILD 1</b>	<b>MILD 2</b>	<b>MODERATE 3</b>	<b>SEVERE 4</b>	<b>VERY SEVERE 5</b>
Mental retardation						
Learning disorder (list type)						
Stuttering						
Autistic disorder						
Allergies						
Addiction(s) (list)						
Anorexia (nervosa)						
Bulimia (nervosa)						
Stroke						
Seizure disorder						
Head injury						
Migraine headaches						
Tension headaches						
PMS						
Menopause						
<b>VIII - Sleep</b>						
Difficulty going to bed						
Difficulty going to sleep						
Wakes up frequently						
Early awakening						
Restless sleep						
Talking in sleep						
Walking in sleep						
Wakes up in terror						
Restless legs						
Night sweats / hot flashes						
Nightmares						
<b>IX - Low Self-Esteem</b>						
Doesn't trust self						
Frequently puts self down						
Refuses to try new things						
Poor performance even when they have the ability						
Always takes a back seat position						
Timid and reserved						
Often shy around others						
Trouble answering questions in front of others						
Sees the worst in self						
Hangs around with less capable friends						
Easily embarrassed						
Seems satisfied with poor performance						
Does not compete with others						
Gives up easily / expects failure						
Shows no confidence						

<b>X - Depression</b>	<b>NOT PRESENT 0</b>	<b>VERY MILD 1</b>	<b>MILD 2</b>	<b>MODERATE 3</b>	<b>SEVERE 4</b>	<b>VERY SEVERE 5</b>
Seems sad, does not smile very much						
Seems unusually quiet						
Poor sense of humor						
Grouchy, irritable						
Sullen						
Looks flat						
Withdrawal from family/activities						
Tearful						
Frequently seems lonely						
Moodiness, unpredictable mood swings						
A Loner, withdrawn						
Depressed						
No interest						
Problems with sleep						
Thinks about death or dying						
Suicidal						
<b>XI - Impulsivity</b>						
Cannot see consequences of behavior						
Blurts out comments						
Difficulty waiting turn						
Frequently interrupts						
Butt into others' conversation						
Engages in physically dangerous activity						
Acts before thinking						
Frequently takes risks						
Takes all dares						
Frustrated easily						
<b>XII - Immaturity</b>						
Delayed physical development						
Prefers to be with younger people						
Buys "things" below age level						
Behavior resembles a younger age						
Immature responses to situations						
Talks "silly"						
Whining and clinging						
Inappropriately messy						
Difficulty accepting responsibility						