



If you have struggled to achieve and maintain a healthy weight, then completing this questionnaire can serve as a starting point to see if ADD/ADHD may be a factor in your difficulties.

Could **ADD** be a contributor to your weight struggles?

Check the box that best describes your behavior:

| | Never | Rarely | Sometimes | Often | Very Often |
|---|-------|--------|-----------|-------|------------|
| I have a history of weight problems since childhood or most of my adult life. | | | | | |
| I have been unable to sustain weight loss efforts. | | | | | |
| I do not pay attention to my body signals for being hungry or full. | | | | | |
| I eat until uncomfortably full. | | | | | |
| I am too disorganized to build regular exercise into my day. | | | | | |
| I eat alone because I feel embarrassed by how much I eat. | | | | | |
| I keep putting off efforts to change my habits. | | | | | |
| I struggle to wake up in the morning; I am so rushed I skip breakfast. | | | | | |
| I eat less than three times a day. | | | | | |
| I make poor food choices; I rely on fast food or prepared foods. | | | | | |
| I do not plan meals, follow recipes, or systematically grocery shop. | | | | | |
| I do not pay attention to portions; I eat until the plate is empty; I take seconds. | | | | | |
| I eat impulsively/rapidly; I do not slow down and allow time to feel satisfied. | | | | | |
| I eat lots of snacks that are high in carbs and fats. | | | | | |
| I do not pay attention to calories in drinks. | | | | | |
| I am too tired to exercise regularly. | | | | | |
| I forget to maintain healthy daily routines; I get distracted. | | | | | |
| I get easily frustrated; I tend to give up when things get tough. | | | | | |
| I get less than 7 hours of sleep; I have frequent arousals overnight. | | | | | |
| I wake and eat in the middle of the night. | | | | | |
| I do not comply with medical regimens. | | | | | |
| I consume excessive amounts of alcohol or marijuana. | | | | | |
| I have low self-esteem and feel deflated; I have lost my motivation to try. | | | | | |
| TOTALS | | | | | |

25 to 40% of overweight individuals have unrecognized, untreated, or improperly treated ADD/ADHD. The core characteristics of ADD including impulsivity, distractibility, short attention span, time/task management difficulties, and poor self-monitoring can contribute to unwanted weight gain and act as barriers to weight loss efforts.

- 1 Add the number of checkmarks in the shaded area.
- 2 Four (4) or more suggest that ADD/ADHD could be a factor for you.
- 3 Talk with your healthcare provider about an evaluation or contact The Being Well Center for help in taking the next step.