



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.