

COPELAND SYSTEM CHECKLIST FOR ATTENTION DEFICIT DISORDERS

Attention Deficit Hyperactivity Disorder (ADHD) and Undifferentiated Attention Deficit Disorder (ADD)

This checklist was developed from the experience of many specialists in the field of Attention Deficit Disorders and Hyperactivity. It is designed to help you assess whether your child/student has ADHD or ADD, to what degree, and if so, in which area(s) difficulties are experienced. Please mark all statements. Thank you for your assistance in completing this information.

NAME OF CHILD: _____ DATE: _____

COMPLETED BY: _____

√ Directions: Place check mark by each item below, indicating degree to which the behavior is characteristic of your child/student .

- * denotes ADD with Hyperactivity (ADHD)
- denotes ADD without Hyperactivity (Undifferentiated ADD)

Not at Just a Pretty Very
all little much much SCORE %

I. INATTENTION/DISTRACTIBILITY						
* 1. A short attention span, especially for low-interest activities.						
* 2. Difficulty completing tasks.						
• 3. Daydreaming.						
* 4. Easily distracted.						
• 5. Nicknames such as "spacey" or "dreamer."						
* 6. Engages in much activity but accomplishes little.						
* 7. Enthusiastic beginnings but poor endings.						
II. IMPULSIVITY						
• 1. Excitability						
* 2. Low frustration tolerance.						
* 3. Acts before thinking.						
* 4. Disorganization.						
* 5. Poor planning ability.						
* 6. Excessively shifts from one activity to another.						
* 7. Difficulty in group situations which require patience and taking turns.						
* 8. Requires much supervision.						
* 9. Constantly in trouble for deeds of omission & deeds of commission.						
* 10. Frequently interrupts conversations; talks out of turn.						
III. ACTIVITY LEVEL PROBLEMS						
A. Overactivity/Hyperactivity						
* 1. Restlessness – either fidgetiness or being constantly on the go.						
* 2. Diminished need for sleep.						
* 3. Excessive talking.						
* 4. Excessive running, jumping and climbing.						
* 5. Motor restlessness during sleep. Kicks covers off – moves constantly.						
* 6. Difficulty staying seated at meals, in class, etc. Walks around classroom.						
B. Underactivity						
• 1. Lethargy.						
• 2. Daydreaming spaciness.						
• 3. Failure to complete tasks.						
* 4. Inattention.						
* 5. Poor leadership ability.						
* 6. Difficulty in learning and performing.						
IV. NON-COMPLIANCE						
* 1. Frequently disobeys.						
* 2. Argumentative.						
* 3. Disregards socially-accepted standards of behavior.						
• 4. "Forgets" unintentionally.						
• 5. Uses "forgetting" as an excuse (unintentional).						

COPELAND SYMPTOM CHECKLIST FOR ATTENTION DEFICIT DISORDERS (Continued)

	Not at all	Just a little	Pretty much	Very much	SCORE	%
V. ATTENTION-GETTING BEHAVIOR						
* 1. Frequently needs to be the center of attention.						
* 2. Constantly asks questions or interrupts.						
* 3. Irritates and annoys siblings, peers and adults.						
* 4. Behaves as the "class clown."						
* 5. Uses bad or rude language to attract attention.						
* 6. Engages in other negative behaviors to attract attention.						
VI. IMMATURITY						
*• 1. Behavior resembles that of a younger child. Responses are typical of children 6 months to 2-plus years younger.						
• 2. Physical development is delayed.						
*• 3. Prefers younger children and relates better to them.						
*• 4. Emotional reactions are often immature.						
VII. POOR ACHIEVEMENT/COGNITIVE & VISUAL-MOTOR PROBLEMS						
*• 1. Underachieves relative to ability.						
*• 2. Loses books, assignments, etc.						
*• 3. Auditory memory and auditory processing problems.						
*• 4. Learning disabilities/learning problems.						
*• 5. Incomplete assignments.						
*• 6. Academic work completed too quickly.						
*• 7. Academic work completed too slowly.						
*• 8. "Messy" or "sloppy" written work; poor handwriting.						
*• 9. Poor memory for directions, instructions and role learning.						
VIII. EMOTIONAL DIFFICULTIES						
*• 1. Frequent and unpredictable mood swings.						
*• 2. High levels of irritability.						
* 3. Underreactive to pain/insensitive to danger.						
• 4. Easily overstimulated. Hard to calm down once over-excited.						
* 5. Low frustration tolerance.						
* 6. Temper tantrums, angry outbursts.						
• 7. Moodiness.						
*• 8. Low self-esteem						
IX. POOR PEER RELATIONS						
* 1. Hits, bites or kicks other children.						
* 2. Difficulty following the rules of games and social interactions.						
*• 3. Rejected or avoided by peers.						
• 4. Avoids group activities; a loner.						
* 5. Teases peers and siblings excessively.						
* 6. Bullies or bosses other children.						
X. FAMILY INTERACTION PROBLEMS						
1. Frequent family conflict.						
2. Activities and social gatherings are unpleasant.						
3. Parents argue over discipline since nothing works.						
4. Mother spends hours and hours on homework with ADD child leaving little time for others in family.						
5. Meals are frequently unpleasant.						
6. Arguments occur between parents and child over responsibilities & chores.						
7. Stress is continuous from child's social and academic problems.						
8. Parents, especially mother, feel: <input type="checkbox"/> frustrated <input type="checkbox"/> hopeless <input type="checkbox"/> alone <input type="checkbox"/> angry <input type="checkbox"/> guilty <input type="checkbox"/> afraid for child <input type="checkbox"/> helpless <input type="checkbox"/> disappointed <input type="checkbox"/> sad and depressed						