

Everyday Attention and Organization Inventory

This exploratory questionnaire describes everyday attentional and executive functioning in adults: attention and forgetfulness, organization and time management, getting started on tasks, impulsivity, restlessness, and emotional regulation. It also gathers recollections of these difficulties in childhood, which is useful when an ADHD evaluation is being considered.

Number of questions	28 questions
Estimated duration	7 minutes
Language	English
Original name	Everyday Attention and Organization Inventory
Target audience	Adults
Category	ADHD

Preview of the 28 questions

Over the past six months, how often has this been true for you?

I get distracted by what's going on around me.

Never | Rarely | Sometimes | Often | Very often

Over the past six months, how often has this been true for you?

I show up late.

Never | Rarely | Sometimes | Often | Very often

Over the past six months, how often has this been true for you?

I put off tasks that take effort until the last minute.

Never | Rarely | Sometimes | Often | Very often

Over the past six months, how often has this been true for you?

I interrupt people or finish their sentences.

Never | Rarely | Sometimes | Often | Very often

Over the past six months, how often has this been true for you?

I find it hard to stay seated for long (in meetings, at meals, while traveling).

Never | Rarely | Sometimes | Often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scoring

Each statement is scored from 0 (never) to 4 (very often) based on its frequency over the past six months. Each domain combines 4 statements, giving a score from 0 to 16. The first 24, spread across the domains, cover the past six months; the last 4 cover childhood (before age 12) and form a separate block.

Reading the profile

There is no total score. Within each block, domains are ranked from most to least elevated, each with a description of what it covers and points to explore in the interview. The results show two blocks: current difficulties, then recollections of similar difficulties in childhood. A diagnosis of ADHD requires difficulties present before age 12, in several settings, with functional impairment. This questionnaire offers clues to these, and the diagnostic evaluation verifies them.

Clinical cautions

These difficulties are not specific to ADHD. Anxiety, depression, lack of sleep, overload, or exhaustion can produce a similar profile and should be considered before drawing any conclusion.

Limitations

This exploratory questionnaire has not undergone psychometric validation and has no cutoffs. It supports the clinical interview and does not provide a diagnosis.

Scoring example

Scoring

IN EVERYDAY LIFE

Attention and forgetfulness 11 / 16

Distractibility, difficulty sustaining attention, forgetfulness, and losing things.

Areas to explore: the situations where attention drifts (meetings, reading, conversations), forgetfulness that has consequences, the strategies already in place.

Emotional regulation — 10 / 16

Quick, intense emotional reactions, irritability, sensitivity to frustration and criticism.

Areas to explore: sudden anger or discouragement, how long it lasts, its effect on relationships and self-esteem.

Starting and finishing tasks — 7 / 16

Difficulty getting down to work, procrastination, tasks started and left unfinished.

Areas to explore: the tasks put off, what helps the person get started (urgency, interest, other people being around), the consequences of procrastination.

Impulsivity — 7 / 16

Acting or speaking without thinking, difficulty waiting, decisions made on impulse.

Areas to explore: regretted decisions (purchases, things said, commitments), driving, risk-taking behaviors.

Physical and mental restlessness — 4 / 16

Need to move, difficulty staying seated, the sense of a mind that never stops.

Areas to explore: situations where staying still is hard, ways of channeling restlessness, the effect on sleep.

Organization and time management — 3 / 16

Difficulty planning, keeping one's things organized, and estimating how long things take.

Areas to explore: lateness, missed deadlines, how the home and paperwork are organized, the tools used (planner, reminders).

IN CHILDHOOD

Childhood difficulties — 6 / 16

Difficulties with attention, restlessness, or impulsivity already present before age 12, as the person remembers them.

Areas to explore: report cards and teachers' comments, what family members remember, any learning difficulties.

No validated clinical or psychometric cutoffs have been established for this test yet. The results should therefore be considered exploratory indicators, meant to support the clinical interview, not diagnostic findings.

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 Laura V. - Online Psychologist