

Adult ADHD / Autism pre-consult questionnaire

Name: _____ DOB: _____ Date: _____

A. Why you're coming for an assessment

1. What prompted you to seek an assessment now?

- My own concerns
- Suggested by partner/family
- Suggested by work/study
- Suggested by another health professional

Other:

2. What are you hoping for today? (tick all that apply)

- Understand why I'm struggling
- Find out if I might have ADHD
- Find out if I might be autistic / have autistic traits
- Get practical strategies
- Discuss whether medication might be appropriate (in future)
- Letter/report for another clinician

Other:

B. Current difficulties (last 6–12 months)

Tick any that are often a problem for you:

Attention / organisation

- Often late or underestimate how long things take
- Start tasks but struggle to finish them
- Easily distracted (phone, people, other tasks)
- Lose/misplace things (keys, phone, paperwork)
- Forget appointments, deadlines or bills
- Avoid boring/complicated tasks (emails, forms, admin)

Other:

Activity / impulse / emotions

- Feel restless or "on the go" a lot
- Talk a lot or interrupt others
- Act on impulse (spending, comments, decisions you regret)
- Emotions feel very intense or switch quickly

Other

In 1–2 sentences each, how do these affect:

Work/study:

Home/parenting / daily life:

Relationships / social life:

C. Childhood and school (before age 12)

As a child, were you (tick any):

- Often forgetful, disorganised or “in your own world”?
- Often restless, fidgety or “on the go”?
- Often in trouble at school or home for behaviour or “not listening”?

Other symptoms you think are important:

Did any of these happen?

- Teacher comments about attention, behaviour or under-achieving
- Learning difficulties or extra help at school
- Changed schools multiple times
- Suspension or expulsion
- Left school before finishing Year 12

Other symptoms you think are important:

Can you bring or later send:

- Old school reports
- Comments from a parent/caregiver who knew you as a child

D. Social communication / autism-type traits

Tick any that fit you now or as a child:

Social communication

- Often unsure what to say or how to keep conversations going
- Find small talk tiring or confusing
- Prefer a few close people rather than lots of acquaintances
- Often worry you’ve said the “wrong thing” or missed cues

Other symptoms you think are important:

Routine / interests / sensory

- Prefer clear routines and get stressed when plans change
- Have very strong interests you can focus on for long periods
- Sensitive to noise, lights, crowds, textures or smells
- Clumsy or uncomfortable with eye contact, facial expressions or body language

Other symptoms you think are important:

If any of these cause problems at work, home or socially, please briefly describe:

E. Your mental health

Tick if present now or in the past:

- Depression / low mood
- Significant anxiety or worry
- Panic attacks
- Traumatic experiences (e.g. abuse, serious accidents, violence)
- Self-harm or suicide attempt(s)
- Eating problems
- Previous diagnoses (e.g. ADHD, autism, bipolar, psychosis, personality disorder):

Other symptoms you think are important but do not fit into a diagnosis you have received:

F. Substances, sleep and physical health

Alcohol: None Occasional Most days Heavy / binge

Smoking/vaping: Never Past Current

Other drugs (incl. cannabis):

Never Past Current → which: _____

Sleep (tick any that apply):

Average hours per night: _____

- Trouble falling asleep
- Waking often
- Snoring / pauses in breathing
- Unrefreshed sleep

Other symptoms you think are important:

Major medical conditions (e.g. heart, thyroid, anaemia, chronic pain, seizures, head injury, other):

Current regular medications (incl. contraception, HRT, supplements):

Family history in close relatives (tick any):

- ADHD or strong suspicion
- Autism / learning difficulties
- Depression or anxiety
- Bipolar or psychosis
- Alcohol or drug problems

Other:

Thank you for completing this questionnaire. You can email this back to us at reception@bigpond.net.au

Dr Sina Beiraghi