

# ADHD in Girls Checklist

Checklist · 22 items · 7 sections

ADHD in girls is often underdiagnosed because girls tend to show different symptoms than boys. They're more likely to have inattentive ADHD and to mask their symptoms. This checklist covers the most common signs of ADHD in girls to help parents and individuals recognize what to discuss with a healthcare professional.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/adhd-in-girls-checklist>

## INATTENTIVE SYMPTOMS

- Difficulty sustaining attention on tasks, especially if not interesting  
HIGH  
*Unlike boys, girls often appear 'daydreamy' rather than hyperactive or disruptive*
- Frequently loses things: keys, homework, phone, school supplies  
HIGH
- Easily distracted by external stimuli or unrelated thoughts  
HIGH
- Makes careless mistakes despite trying hard  
HIGH
- Struggles to follow instructions or complete tasks step by step  
HIGH
- Avoids tasks requiring sustained mental effort (homework, long projects)  
HIGH
- Forgets daily activities: chores, appointments, assignments  
HIGH

## EXECUTIVE FUNCTION

- Difficulty organizing tasks and activities  
HIGH
- Poor time management: often late, underestimates time needed  
HIGH
- Procrastination: especially on large or complex tasks  
HIGH
- Difficulty starting tasks even when she wants to (task initiation)  
HIGH

## EMOTIONAL & SOCIAL

- Intense emotional reactions to criticism, failure, or perceived rejection

HIGH

*Rejection Sensitive Dysphoria (RSD) is very common in ADHD girls*

- Mood swings that seem disproportionate to the situation

HIGH

- Low self-esteem despite being intelligent or capable

HIGH

- Difficulty reading social cues: says the wrong thing or misreads situations

HIGH

- Talks excessively or interrupts others in conversation

## MASKING & CAMOUFLAGING

- Masking behaviors: works very hard to appear 'normal' which leads to exhaustion

HIGH

- Performs well academically until demands exceed coping strategies (often middle/high school)

HIGH

## CO-OCCURRING SYMPTOMS

- Chronic anxiety: often a secondary condition to undiagnosed ADHD

HIGH

- Depression or persistent low mood, especially in teenage years

HIGH

## HYPERFOCUS

- Hyperfocus: can concentrate intensely on topics of interest for hours

*Hyperfocus is often mistaken as proof she doesn't have ADHD: but it's actually a hallmark symptom*

## DIAGNOSTIC CONSIDERATION

- Symptoms have been present since childhood (even if not diagnosed)

HIGH