

Proposed Criteria for Adult ADHD in DSM-V

Here are the Adult ADHD criteria proposed for the next edition of the *Diagnostic and Statistical Manual*, planned for 2011.⁴¹ ADHD expert Russell Barkley and colleagues designed these criteria to reflect adult issues that are distinct from those in children, a widely acknowledged limitation of the current official criteria. Research supporting this set of criteria can be found in *ADHD in Adults: What the Science Says*, by Barkley, Kevin Murphy, and Mariellen Fischer.

- A. Six (or more) of the following symptoms have persisted for at least six months to a degree that is maladaptive and inconsistent with developmental level:
1. Is often easily distracted by extraneous stimuli
 2. Often makes decisions impulsively
 3. Often has difficulty stopping activities or behavior when he/she should do so
 4. Often starts a project or task without reading or listening to directions carefully
 5. Often shows poor follow-through on promises or commitments made to others
 6. Often has trouble doing things in their proper order or sequence
 7. Often more likely to drive a motor vehicle much faster than others (excessive speeding)
 8. Often has difficulty sustaining attention in tasks or leisure activities
 9. Often has difficulty organizing tasks and activities
- B. Some symptoms that caused impairment were present before age 16 years.
- C. Some impairment from the symptoms is present in two or more settings (for example, work, educational activities, home life, social functioning, community activities, etc.).
- D. There must be clear evidence of clinically significant impairment in social, academic, domestic (cohabiting, financial, driving, child-rearing, etc.), or occupational functioning.
- E. The symptoms do not occur exclusively during the course of a pervasive developmental disorder, schizophrenia, or other psychotic disorder and are not better accounted for by another mental disorder (for example, Mood Disorder, Anxiety Disorder, Dissociative Disorder, or a Personality Disorder).

Source: Russell A. Barkley, Ph.D., 2006, by permission.