



FAST MINDS™

A simple method for the rapid recognition of Adult Attention-Deficit Hyperactivity Disorder (ADHD)

Patient Name:		Date:				
Patient Symptom Screen			Symptom Frequency			
Ask FAST MINDS questions: <ol style="list-style-type: none"> In the context of everyday functioning (work, academics, etc.) Establish that these are longstanding challenges Have patients give examples of their symptoms FAST MINDS screen can be completed with a collateral historian 			Never	Sometimes	Often	Very Often
F	Forgetful: Are you forgetful?					
	Fidgety: Do you feel antsy inside, are you fidgety?					
A	Aptitudinal underachievement: Do you underachieve for your real potential?					
S	Symptom frequency: For the symptoms I have asked you about: How often do you have these?					
T	Time challenged: Do you lose track of time, are you often late?					
M	Motivationally challenged: Do you procrastinate for everyday, boring duties?					
I	Irritable: Are you irritable, easily frustrated?					
	Impatient: Are you impatient?					
	Impulsive: Are you impulsive?					
	Inconsistent: Are you inconsistent?					
N	No tolerance for boredom: Are you easily bored?					
D	Distractible: Are you distractible?					
	Disorganized: Are you disorganized?					
S	Symptom severity: For the symptoms I have asked you about: How severely have they affected you?					
If patient responses are "Often" or "Very Often" in ≥10 of the 14 questions, and these symptoms have been longstanding, please proceed to the FAST MINDS Patient Presentations on the back of this page.						

Patient Presentation Screen

Ask patient presentation questions to match the FAST MINDS symptoms with the appropriate patient profile(s).

<p>The Person with Previous Diagnosis and/or Family History</p> <ul style="list-style-type: none"> ◆ Previous childhood diagnosis (treated with "Ritalin") ◆ Brother, sister, parent or child diagnosed ADHD ◆ Continuation of academic impairment ◆ Occupational difficulties (held numerous jobs, bored, fired, quit) ◆ Overwhelmed by expectations of adulthood (marital, occupational, child-rearing) <p>Q: Have you ever been diagnosed with ADHD or is there anyone in your family who has been diagnosed with ADHD? <input type="checkbox"/></p> <p><small>Spencer, TJ, CNS Spectrums, 2008;13:9(Suppl 13): 5-7 Russell A. Barkley, Attention-Deficit Hyperactivity Disorder, A Handbook for Diagnosis and Treatment, 2006 Faraone SV. J Am Acad Child Adolesc Psychiatry. 2000 Nov;39(11):1455-7.</small></p>	<p>The Struggling Student</p> <ul style="list-style-type: none"> ◆ May have previous diagnosis of learning disability ◆ Took extra time to complete high school/university ◆ Academic underachievement ◆ Does everything last-minute ◆ On academic probation ◆ Has to take reduced course load ◆ Withdrawn or failed at various colleges or universities <p>Q: When you do boring academic tasks, do you have a hard time concentrating and often procrastinate? <input type="checkbox"/></p> <p><small>Russell A. Barkley, ADHD in Adults: What the Science Says, 2008 Weyandt, Lisa; DuPaul, George, Journal of Attention Disorders, September 2006 Biederman et al, J Clin Psych, August 2008</small></p>	
<p>The Person with Addictions</p> <ul style="list-style-type: none"> ◆ Early onset of cigarette smoking ◆ Misuse and abuse of nicotine, cannabis and alcohol (e.g. binge drinking) ◆ Experimentation with numerous street drugs ◆ Prone to addictions <p>Q: Are you prone to addictions, for example alcohol, drugs and gambling? <input type="checkbox"/></p> <p><small>Arias et al., Addictive Behaviors, September 2008, 33:1199-1207 Wilens, American Journal of Psychiatry, 2006 Ohlmeier et al., Alcohol and Alcoholism, Vol. 43, No. 3, 2008</small></p>	<p>The Irritable/Moody Person</p> <ul style="list-style-type: none"> ◆ Sensitive, irritable, low frustration tolerance ◆ Meltdowns over everyday stresses, with very rapid return to baseline ◆ Alienates family, friends, educators, employers <p>Q: Are you very sensitive and over-react to everyday stresses? <input type="checkbox"/></p> <p><small>Russell A. Barkley, Attention-Deficit Hyperactivity Disorder, A Handbook for Diagnosis and Treatment, 2006 Reimherr et al., J. Clin. Psychiatry 68:1, January 2007 Reimherr et al., Biol Psychiatry, 2005; 58: 125-131</small></p>	<p>The Distractible Daydreamer</p> <ul style="list-style-type: none"> ◆ Internally or externally distracted ◆ Bored, spacey, forgetful ◆ Disorganized, chronically late ◆ Procrastinator ◆ Can't manage paperwork (homework, PST, GST, bills) <p>Q: Are you distractible in everyday activities? <input type="checkbox"/></p> <p><small>APA, DSM-IV-TR 2000 Russell A. Barkley, Attention-Deficit Hyperactivity Disorder, A Handbook for Diagnosis and Treatment, 2006 Able et al., Psychological Medicine 2007, 37: 97-107</small></p>
<p>Married with Children</p> <ul style="list-style-type: none"> ◆ May have a child diagnosed with ADHD ◆ Underachieves at work (presenteeism, absenteeism) ◆ Disorganized, demoralized ◆ Chronically feels overwhelmed ◆ Compensates by making lists, using calendars, stickies, Blackberries, Palm Pilots ◆ Depends on partner for organization (paying bills, taxes, etc.) <p>Q: Do you often feel overwhelmed with work, your personal relationships, managing your children? <input type="checkbox"/></p> <p><small>De Graaf, Kessler, et al., Occupational and Environmental Medicine, May 2008 Able et al., Psychological Medicine 2007, 37: 97-107 Biederman et al., Am J Psychiatry, 2006; 163: 1730-1738</small></p>	<p>The Person with Comorbidities</p> <ul style="list-style-type: none"> ◆ Has been treated for anxiety and mood disorders (medications, etc.) but clinically significant distractibility persists ◆ Treatment for anxiety and mood disorders did not provide substantial benefit (treatment refractory patient) ◆ Longstanding pattern of underachievement, daydreaminess, inconsistency ◆ Family history for anxiety disorders, mood disorders, substance use disorder <p>Q: Have you been previously treated for an anxiety or a mood disorder, and when the treatment was successful did you continue to be distractible, forgetful and disorganized? <input type="checkbox"/></p> <p><small>Kessler, Adler, et al., The American Journal of Psychiatry, April 2006 163:716-723 Biederman et al, Journal of the American Academy of Child and Adolescent Psychiatry, April 2008 Biederman et al., Psychological Medicine, 2006</small></p>	<p>The Person with Antisocial History</p> <ul style="list-style-type: none"> ◆ Oppositionality/conduct disorder in childhood ◆ Personal history of hyperactivity and impulsivity in childhood ◆ Family history of ADHD, conduct disorder, addictions ◆ Early onset of addictions; cigarette smoker ◆ Arrests for fighting, shoplifting, drug possession, DUIs, selling drugs <p>Q: Have you ever been arrested for drug possession, fighting or driving while impaired? Have you ever been in jail? <input type="checkbox"/></p> <p><small>Fazel et al., JAACAP, September 2008 Eyestone and Howell, 1994 Mannuzza et al., Psychiatric Research 160 (2008), 237-246 Faraone SV et al. Am J Psychiatry 2006;163:1720-29.</small></p>
<p>The Hyperactive/Restless Person</p> <ul style="list-style-type: none"> ◆ Paces, taps, drums, talks excessively ◆ Internally restless, externally fidgety ◆ Impulsive (doesn't anticipate consequences) ◆ Easily bored (with jobs, friends, activities, hobbies) ◆ Attracted to adrenaline-like activities (snowboarding, skateboarding, motocross, ATVs, reckless driving) <p>Q: Have you always felt restless inside? Is it hard for you to sit still and relax? <input type="checkbox"/></p> <p><small>Russell A. Barkley, Attention-Deficit Hyperactivity Disorder, A Handbook for Diagnosis and Treatment, 2006 Barkley, Adult ADHD: What the Science Says, 2008 Searight et al., American Family Physician, Volume 62, No. 9, November 2000</small></p>	<p>The Stuck Person</p> <ul style="list-style-type: none"> ◆ Stuck academically ◆ Stuck in a job when they can do better ◆ Never reached potential ◆ Overwhelmed with expectations ◆ Demoralized ◆ Financially dependent on others <p>Q: Do you feel stuck in school and at work, even though you have very good abilities? <input type="checkbox"/></p> <p><small>Biederman et al., J Clin Psychiatry, 69:8, August 2008 Barkley, ADHD in Adults: What the Science Says, 2008 Biederman J, et al. J Clin Psychiatry 2006;67:524 Nadeau, Journal of Clinical Psychology, 2005</small></p>	

Summary: If the patient has 10 or more FAST MINDS symptoms and fits one or more of the patient profiles, further evaluation for Adult ADHD is appropriate.