



ADHD Burnout Screening Tool (ABST)

This screening tool is designed to help individuals assess the possibility of experiencing ADHD burnout. Please answer the following questions honestly, keeping in mind the symptoms associated with adult ADHD burnout. Please select the answers that best reflect your experience.

Research Disclaimer and Usage Terms

Important: Non-Validated Tool

The ADHD Burnout Screening Tool (ABST) has not undergone psychometric validation. It is intended for self-reflection and awareness, rather than for diagnostic purposes. The tool has not been formally tested for reliability, validity, sensitivity, specificity, or clinical accuracy.

Use results as a starting point for further exploration and professional consultation, not as definitive assessment of ADHD burnout status.

Open Access Usage Policy

The ADHD Burnout Screening Tool is freely available for research, clinical, and educational use under the following terms:

Tool	Availability	Permitted Uses	Permission Required	Requirement
ADHD Burnout Screening Tool	Freely available	Research studies, clinical applications, educational settings, personal use	No permission required	Proper citation must be included

Citation Format (APA 7th Edition):

Getten, J. (2025). *ADHD Burnout Screening Tool (ABST)* [Measurement instrument]. Neurodivergence by Design. <https://www.ndbydesign.org/>

Research Opportunities

Researchers may conduct validation studies, clinical trials, and psychometric evaluations without the original author's permission; simply use the tool and provide proper citation. This disclaimer and citation requirement must accompany any ABST distribution or use.



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On a scale from 0 (Not at all) to 4 (Frequently), rate how often you have experienced each of the following symptoms in the past few weeks:

Symptom	Examples	0: Not at all	1: Rarely	2: Occasionally	3: Often	4: Frequently
Lack of motivation	Lost interest or pleasure in normal activities	0	1	2	3	4
Inability to concentrate	Trouble focusing on tasks	0	1	2	3	4
Guilt	Feeling bad about not keeping up with responsibilities	0	1	2	3	4
Depression	Feeling sad, hopeless, or worthless	0	1	2	3	4
Anxiety	Feeling nervous, restless, or panicked	0	1	2	3	4
Poor productivity	Decline in performance at work or school	0	1	2	3	4
Irritability	Getting angry or frustrated easily	0	1	2	3	4
Cynicism	Negative or pessimistic attitude	0	1	2	3	4
Feeling overwhelmed	Feeling like you have too much to do	0	1	2	3	4
Fatigue	Feeling tired all the time	0	1	2	3	4
Low self-confidence	Developing a poor self-image	0	1	2	3	4
High self-criticism	Blaming yourself for everything	0	1	2	3	4
Difficulty sleeping	Trouble falling asleep or staying asleep	0	1	2	3	4
Physical symptoms	Headaches, chest pain, muscle tension	0	1	2	3	4
Total Score:						



Total Score Range	Interpretation
0 to 56	Higher scores may indicate a higher likelihood of experiencing ADHD burnout.

Remember: This tool has not been validated. Results are for self-reflection only.

References

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Tool Usage: This instrument is freely available for research and clinical use with proper citation.