



AAMM					
Please rate each statement from 0 (Never) to 4 (Very Often)					
Statements	0 Never	1 Rarely	2 Sometimes	3 Often	4 Very Often
1. I pretend to be "fine" when I'm not.					
2. I hide signs that I'm struggling to keep up or maintain relationships.					
3. I suppress strong emotions until I feel physical symptoms.					
4. I am overly cautious about talking too much or interrupting others during conversations.					
5. I focus extremely hard during conversations to ensure I don't miss anything.					
6. I mimic others in social situations to fit in.					
7. I obsessively check my belongings to prevent loss.					
8. I write everything down, so I don't forget.					
9. I create specific systems to organize my paperwork and belongings.					
10. I often take on too much responsibility to make up for my perceived faults.					
11. I try to maintain perfectionist standards.					
12. I overdo tasks to the point of exhaustion to prove my capability.					
13. I constantly try to appear that I am in control when around others, even when I'm not.					
14. I suppress certain behaviors to avoid criticism or judgment.					
15. I hide my struggles to avoid appearing less capable to others.					
16. I have difficulties focusing on tasks for extended periods of time.					
17. I am unable to relax before appointments due to worries about being late.					
18. I always arrive excessively early for appointments.					
19. I am overly conscientious about the cleanliness of my living or working space.					
20. I feel a strong need to organize tasks or projects meticulously.					
21. I tend to listen extremely carefully during conversations to the point of mental exhaustion.					
22. I push myself to extreme lengths to complete tasks, even to the point of physical exhaustion.					
23. I suppress excess physical energy to appear calm to others.					
24. I hide hyperactive tendencies, even if they make me feel uncomfortable.					
25. I suppress stimming behaviors so as not to disturb others.					
26. I feel guilt and shame when I hide my struggles.					
27. I strive for perfectionism to cope with feelings of inadequacy.					
28. I am overly apologetic due to forgetfulness or a perceived lack of focus.					
Column Totals					
Overall Total					



Scoring Criteria	
0-22	Exhibits very few of these behaviors overall.
23-44	Exhibits these behaviors rarely.
45-67	Occasionally exhibits these behaviors.
68-89	Often exhibits these behaviors.
90-112	Very often exhibits these behaviors.
Note: These scores should only be used as a preliminary guide and do not replace professional evaluations. It's always best to consult with a professional if you have any concerns about your mental health.	
The AAMM is the intellectual property of BHCS you are free to reproduce it but please credit us when you do and link to www.bhcsmt.com	

References

1. ADDitude Editors. (2023, March 20). *Be yourself, be authentic: Unmasking ADHD in adulthood*. ADDitude Magazine. <https://www.additudemag.com>
2. Cuncic, A. (2024, May 10). *ADHD masking: Examples, impact, and coping*. Verywell Mind. <https://www.verywellmind.com>
3. Hallowell, E. (2022, March 31). *When anxiety and depression symptoms are really ADHD*. ADDitude Magazine. <https://www.additudemag.com>
4. Lovering, N. (2022, May 10). *ADHD masking: What it is and more*. Psych Central. <https://www.psychcentral.com>
5. Saline, S. (2024, June 19). *ADHD masking: Pretending to be neurotypical is unhealthy*. ADDitude Magazine. <https://www.additudemag.com>
6. van der Putten, W. J., Mol, A. J. J., Groenman, A. P., Radhoe, T. A., Torenvliet, C., van Rentergem, J. A. A., & Geurts, H. M. (2024). Is camouflaging unique for autism? A comparison of camouflaging between adults with autism and ADHD. *Autism Research*, 17(4), 812–823. <https://doi.org/10.1002/aur.3099>
7. Williams, F. (2023, June 19). *ADHD and masking: Why it happens, symptoms, and how to cope*. Medical News Today. <https://www.medicalnewstoday.com/articles/adhd-masking>