



**Are you an adult living with ADHD  
and still struggling with symptoms?**

## If you have ADHD, you are not alone

ADHD is a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. The exact cause of ADHD is unknown, and its presence is not always easy to spot.



Adult ADHD is on the rise



There are nearly 10 million adults in the US living with ADHD



ADHD symptoms can impact a person more than he/she may realize



ADHD is a 24/7 disorder

## Only a trained healthcare professional can diagnose ADHD



The main symptoms of ADHD include difficulty paying attention, impulsiveness, and restlessness. Understanding what those symptoms look like for an adult can be tricky.

ADHD can also present differently in women and men. Both are less likely to exhibit the obvious hyperactive/impulsive symptoms often seen in children, and instead exhibit more inattentive symptoms (ie, careless mistakes, misplacing items, and forgetfulness). But women with ADHD are more likely than men with ADHD to internalize their symptoms, which can make day-to-day activities more difficult—and can eventually lead to feelings of being exhausted and overwhelmed.



On the following pages, you may read about symptoms that sound familiar to you. These lists are designed to help you gather information about:

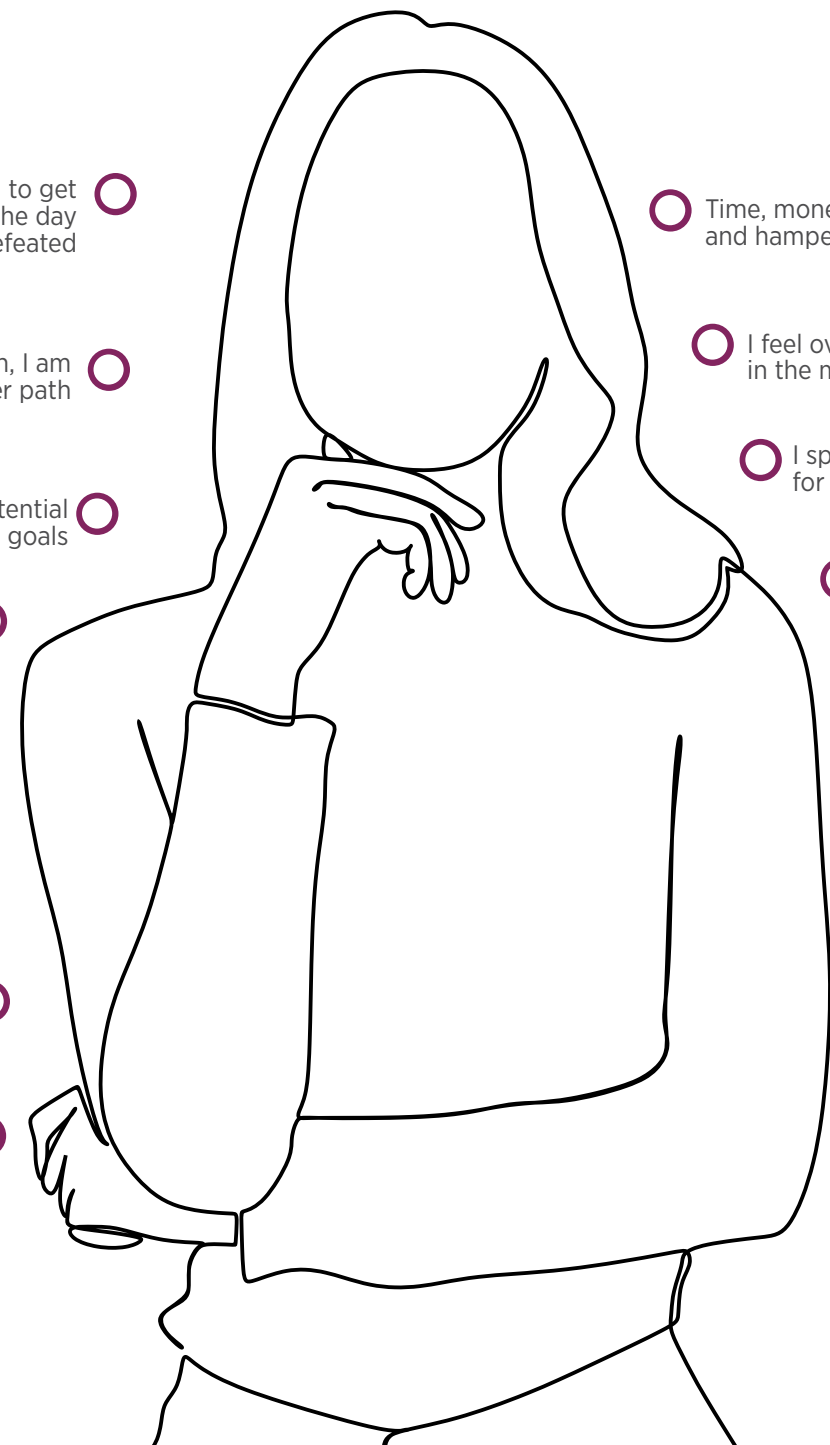
- ADHD symptoms you may still be experiencing
- How frequently symptoms are interfering with your daily routine; this can help you have an informed discussion with a healthcare provider

Please note these checklists are not a diagnostic tool. Fill out the sections that apply and discuss with your healthcare provider.

**ADDitudemag.com** is a comprehensive resource for people living with ADHD. It offers a variety of symptom checklists and self tests to help people identify challenges and prepare for visits with a healthcare provider, if necessary. One such checklist is the “ADHD Symptoms in Women Checklist.”

**If you are a woman, are you frequently experiencing these symptoms? Check all that apply. Be sure to share the results with your healthcare provider.**

- I start each day determined to get organized but often end the day feeling defeated
- I feel like despite my training/education, I am having difficulty organizing my career path
- I don't feel I am fulfilling my potential or achieving my goals
- People think I am selfish because I forget to send thank you notes and birthday cards
- I am constantly speechless when I see others manage to lead consistent, regular lives
- Some people call me “spacey,” others a “slob”
- I feel like I am “passing for normal” and sometimes feel like an “impostor”
- I have little time for relaxation since I spend most of time trying to hold it together and stay organized



- Time, money, paper or “stuff” dominates my day and hampers my ability to achieve my goals
- I feel overwhelmed and shut down in the middle of the day
- I spend most of my day coping—looking for things, catching up, or covering up
- Requests for “one more thing” put me over the edge emotionally
- I often avoid people because I’m so busy trying to catch up
- I stopped having people over to my house because I am ashamed of the mess
- I often feel like life is out of control and it is impossible to meet demands
- I am often extreme—either a “couch potato” or a “tornado”
- I think I have as good ideas as others but can’t organize or act on them

**The Attention Deficit Disorder Association (ADDA)** is a leading resource and community for adults living with ADHD. The ADDA also puts out a variety of ADHD resources and checklists to help individuals identify symptoms and challenges to discuss with their healthcare providers.

One such resource noted that ADHD in men can look different from ADHD in women and children. If someone was diagnosed as a child, symptoms will affect their life differently as an adult—as noted here.

**If you are a man, how frequently are you experiencing the symptoms here? Check all that apply. Be sure to share the results with your healthcare provider.**

- I have difficulty remaining focused for work or pleasure (for example, meetings at work or seeing a movie)
- I cannot sit for long periods of time (even when I should) and feel the need to get up and walk around (for example, at meetings or seated events)
- I fidget, tap my hands and feet, and move around in my seat
- I blurt out answers or harmful things and finish other peoples' sentences or interrupt other people in conversations
- I have trouble staying still for long events like dinners, meetings, and plane rides
- I often feel restlessness (I cannot relax even on vacation or during a social outing like a date)
- I am always on the move
- I drift away during conversations, even when someone is speaking directly to me



- I often misplace or lose things like my keys, wedding ring, and wallet
- I get easily sidetracked and leave projects or tasks incomplete
- I forget to do chores or pay bills
- I often miss appointments or important dates like anniversaries and birthdays
- I am not always careful with details on work or home projects (for example, not running spell check, or leaving car windows open when it rains)
- Time often gets away from me and I often miss deadlines
- I am messy and unorganized (at home or work or both)
- I have trouble following sequential tasks or instructions (for example putting together a piece of furniture with lots of steps and pieces)
- I avoid work/projects or activities that require sustained focus (for example, prepping, priming, and painting a room)

For adults 18 years and older with ADHD

Are uncontrolled ADHD symptoms working against the plans you have each day?

**Qelbree is an ADHD treatment that works to fit your routine—whatever that looks like for you**

### Qelbree is convenient



- **Qelbree** is a once-a-day treatment that offers full-day medication coverage
- **Qelbree** can be prescribed by your healthcare provider via telehealth; there is no need for a new prescription each month to refill your medication

### Qelbree may offer you consistency



- **Qelbree** is taken once a day—any time of day (AM or PM)
- **Qelbree** offers rapid and extended-release, full-day medication coverage
- **Qelbree** is with you (and your ADHD symptoms) throughout your day

### Qelbree is not a stimulant



There is no evidence of abuse

### IMPORTANT SAFETY INFORMATION

**Qelbree may increase suicidal thoughts and actions, in children and adults with ADHD, especially within the first few months of treatment or when the dose is changed. Tell your doctor if you or your child have (or if there is a family history of) suicidal thoughts or actions before starting Qelbree. Monitor your or your child's moods, behaviors, thoughts, and feelings during treatment with Qelbree. Report any new or sudden changes in these symptoms right away.**

Please see full [Important Safety Information](#) on page 6.

## Qelbree is ADHD treatment that works!



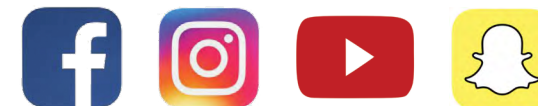
**Become a Qelbree Insider and get an ADHD Welcome Kit containing:**

- Tips for managing your ADHD
- Helpful resources
- Tools to help with organizing your week



[Scan the QR code or click here to get started!](#)

## People are talking about Qelbree—join the community



**Qelbree** ONCE-A-DAY  
viloxazine  
extended-release capsules  
100 mg 150 mg 200 mg

## INDICATION

Qelbree is a prescription medicine used to treat ADHD in adults and children 6 years and older.

## IMPORTANT SAFETY INFORMATION

**Qelbree may increase suicidal thoughts and actions, in children and adults with ADHD, especially within the first few months of treatment or when the dose is changed. Tell your doctor if you or your child have (or if there is a family history of) suicidal thoughts or actions before starting Qelbree. Monitor your or your child's moods, behaviors, thoughts, and feelings during treatment with Qelbree. Report any new or sudden changes in these symptoms right away.**

### **You should not take Qelbree if you or your child:**

Take a medicine for depression called a monoamine oxidase inhibitor (MAOI) or have stopped taking an MAOI in the past 14 days. Also, you or your child should avoid alosetron, duloxetine, ramelteon, tasimelteon, tizanidine, and theophylline.

**Qelbree can increase blood pressure and heart rate.** Your or your child's doctor will monitor these vital signs.

**Qelbree may cause manic episodes in patients with bipolar disorder.** Tell your doctor if you or your child show any signs of mania.

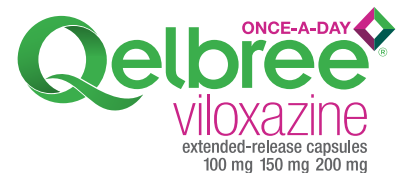
**Do not drive or operate heavy machinery until you know how Qelbree will affect you or your child.** Qelbree may cause you or your child to feel sleepy or tired.

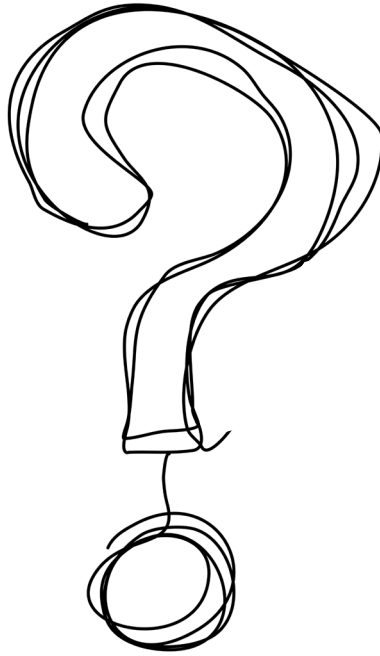
**The most common side effects of Qelbree** in patients 6 to 17 years are sleepiness, not feeling hungry, feeling tired, nausea, vomiting, trouble sleeping, and irritability, and in adults, insomnia, headache, sleepiness, tiredness, nausea, decreased appetite, dry mouth, and constipation. These are not all the possible side effects of Qelbree.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please see full [Medication Guide](#), including Boxed Warning.

Qelbree is a registered trademark of Supernus Pharmaceuticals, Inc.





**Are you an adult living with ADHD  
and still struggling with symptoms?**