

Adult ADHD Self-Report Scale:

Adapted from the Adult ADHD Self-Report Scale Symptom Checklist (ASRS-v 1.1) for Screening and Research Purposes

Name: _____ **Age:** _____ **Sex:** Male Female **Date:** _____

Instructions: Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an “x” in the box that best describes how you have felt and conducted yourself over the **past 6 months**. Please give this completed checklist to your psychologist to discuss during today’s visit.

		<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Often</i>	<i>Very Often</i>
Part A						
1.	How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?					
2.	How often do you have difficulty getting things in order when you have to do a task that requires organization?					
3.	How often do you have problems remembering appointments or obligations?					
4.	When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
5.	How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
6.	How often do you feel overly active and compelled to do things, like you were driven by a motor?					
Part B						
7.	How often do you make careless mistakes when you have to work on a boring or difficult project?					
8.	How often do you have difficulty keeping your attention when you are doing boring or repetitive work?					
9.	How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?					
10.	How often do you misplace or have difficulty finding things at home or at work?					
11.	How often are you distracted by activity or noise around you?					
12.	How often do you leave your seat in meetings or other situations in which you are expected to remain seated?					
13.	How often do you feel restless or fidgety?					
14.	How often do you have difficulty unwinding and relaxing when you have time to yourself?					
15.	How often do you find yourself talking too much when you are in social situations?					

		<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Often</i>	<i>Very Often</i>
16.	When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?					
17.	How often do you have difficulty waiting your turn in situations when turn taking is required?					
18.	How often do you interrupt others when they are busy?					

(Adapted from the Adult ADHD Self-Report Scale Symptom Checklist (ASRS-v 1.1) found in Kessler, R.C., Adler, L., Ames, M., Demler, O., Faraone, S., Hiripi, E., Howes, M.J., Jin, R., Secnik, K., Spencer, T., Ustun, T.B., Walters, E.E. (2005). The World Health Organization Adult ADHD Self-Report Scale (ASRS). *Psychological Medicine*, 35(2), 245-256.)

Purpose:

This 18-item self-report screening device for Adult ADHD take about 5 minutes to complete and can provide useful information that is crucial to supplement the diagnostic process. Research suggests that the symptoms of ADHD can persist into adulthood, having a significant impact on the relationships, careers, and even the personal safety of individuals who may suffer from it. Because this disorder is often misunderstood, many people who have it, do not reach their full potential as a result of not receiving appropriate diagnosis and treatment.

Scoring:

If 4 or more marks appear in the darkly shaded boxes within Part A, then the person has symptoms highly consistent with ADHD in adults and further testing is warranted. Remember to ask about level of impairment associated with each symptom across various settings: work, social, family settings. Also assess the presence of these symptoms in childhood – attention and impulsivity and self-control.