

Name:

Date:

Are you living with Adult ADHD?

The questions below can help you find out.

Many adults have been living with Adult Attention-Deficit/Hyperactivity Disorder (Adult ADHD) and don't recognize it. Why? Because its symptoms are often mistaken for a stressful life. If you've felt this type of frustration most of your life, you may have Adult ADHD – a condition your doctor can help diagnose and treat.

The following questionnaire can be used as a starting point to help you recognize the signs/symptoms of Adult ADHD but is not meant to replace consultation with a trained healthcare professional. **An accurate diagnosis can only be made through a clinical evaluation.** Regardless of the questionnaire results, if you have concerns about diagnosis and treatment of Adult ADHD, please discuss your concerns with your physician.

This Adult Self-Report Scale-V1.1 (ASRS-V1.1) Screener is intended for people aged 18 years or older.

Adult Self-Report Scale-V1.1 (ASRS-V1.1) Screener

from WHO Composite International Diagnostic Interview
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Date

Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.

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?

| | Never | Rarely | Sometimes | Often | Very Often |
|---|-------|--------|-----------|-------|------------|
| 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? | | | | | |

Add the number of checkmarks that appear in the darkly shaded area. Four (4) or more checkmarks indicate that your symptoms may be consistent with Adult ADHD. It may be beneficial for you to talk with your healthcare provider about an evaluation.

The 6-question Adult Self-Report Scale-Version 1.1 (ASRS-V1.1) Screener is a subset of the WHO's 18-question Adult ADHD Self-Report Scale-Version 1.1 (Adult ASRS-V1.1) Symptom Checklist.

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Name: _____

Adult ADHD-RS-IV* with Adult Prompts†

The ADHD-RS-IV with Adult Prompts is an 18-item scale based on the *DSM-IV-TR* criteria for ADHD that provides a rating of the severity of symptoms. The adult prompts serve as a guide to explore more fully the extent and severity of ADHD symptoms and create a framework to ascertain impairment. The first 9 items assess inattentive symptoms and the last 9 items assess hyperactive-impulsive symptoms. Scoring is based on a 4-point Likert-type severity scale: 0 = none, 1 = mild, 2 = moderate, 3 = severe. Clinicians should score the highest score that is generated for the prompts for each item.
Example: if one prompt generates a “2” and all others are a “1,” by convention, the rating for that item is still a “2”
Significant symptoms in clinical trials are generally considered at least a “2” – moderate.

| | None | Mild | Moderate | Severe | | None | Mild | Moderate | Severe |
|--|------|------|----------|--------|--|------|------|----------|--------|
| 1. Carelessness | 0 | 1 | 2 | 3 | 5. Can't organize | 0 | 1 | 2 | 3 |
| Do you make a lot of mistakes (in school or work)? | | | | | Do you have trouble organizing tasks into ordered steps? | | | | |
| Is this because you're careless? | | | | | Is it hard prioritizing work and chores? | | | | |
| Do you rush through work or activities? | | | | | Do you need others to plan for you? | | | | |
| Do you have trouble with detailed work? | | | | | Do you have trouble with time management? Does it cause problems? | | | | |
| Do you not check your work? | | | | | Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible? | | | | |
| Do people complain that you're careless? | | | | | 6. Avoids/dislikes tasks requiring sustained mental effort | 0 | 1 | 2 | 3 |
| Are you messy or sloppy? | | | | | Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay focused on these things for a long time? | | | | |
| Is your desk or workspace so messy that you have difficulty finding things? | | | | | Do you have to force yourself to do these tasks? How hard is it? | | | | |
| 2. Difficulty sustaining attention in activities | 0 | 1 | 2 | 3 | Do you procrastinate and put off tasks until the last moment possible? | | | | |
| Do you have trouble paying attention when watching movies, reading, or attending lectures? | | | | | 7. Loses important items | 0 | 1 | 2 | 3 |
| Or on fun activities such as sports or board games? | | | | | Do you lose things (eg, important work papers, keys, wallet, coats, etc)? A lot? More than others? | | | | |
| Is it hard for you to keep your mind on school or work? Do you have unusual trouble staying focused on boring or repetitive tasks? | | | | | Are you constantly looking for important items? | | | | |
| Does it take a lot longer than it should to complete tasks because you can't keep your mind on the task? Is it even harder for you than some others you know? | | | | | Do you get into trouble for this (at work or at home)? | | | | |
| Do you have trouble remembering what you read and do you need to re-read the same passage several times? | | | | | Do you need to put items (eg, glasses, wallet, keys) in the same place each time, otherwise you will lose them? | | | | |
| 3. Doesn't listen | 0 | 1 | 2 | 3 | 8. Easily distractible | 0 | 1 | 2 | 3 |
| Do people (spouse, boss, colleagues, friends) complain that you don't seem to listen or respond (or daydream) when spoken to or when asked to do tasks? A lot? | | | | | Are you ever very easily distracted by events around you such as noise (conversation, TV, radio), movement, or clutter? | | | | |
| Do people have to repeat directions? | | | | | Do you need relative isolation to get work done? | | | | |
| Do you find that you miss the key parts of conversations because of drifting off in your own thoughts? Does it cause problems? | | | | | Can almost anything get your mind off of what you are doing, such as work, chores, or if you're talking to someone? | | | | |
| 4. No follow through | 0 | 1 | 2 | 3 | Is it hard to get back to a task once you stop? | | | | |
| Do you have trouble finishing things (such as work or chores)? | | | | | 9. Forgetful in daily activities | 0 | 1 | 2 | 3 |
| Do you often leave things half done and start another project? | | | | | Do you forget a lot of things in your daily routine? Like what? Chores? Work? Appointments or obligations? | | | | |
| Do you need consequences (such as deadlines) to finish? | | | | | Do you forget to bring things to work, such as work materials or assignments due that day? | | | | |
| Do you have trouble following instructions (especially complex, multistep instructions that have to be done in a certain order with different steps)? | | | | | Do you need to write regular reminders to yourself to do most activities or tasks, otherwise you will forget? | | | | |
| Do you need to write down instructions, otherwise you will forget them? | | | | | | | | | |

Name: _____

Adult ADHD-RS-IV with Adult Prompts†*

| | None | Mild | Moderate | Severe | | None | Mild | Moderate | Severe |
|---|------|------|----------|--------|--|------|------|----------|--------|
| 10. Squirms and fidgets | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Can you sit still or are you always moving your hands or feet, or fidgeting in your chair? | | | | | | | | | |
| Do you tap your pencil or your feet? A lot? Do people notice? | | | | | | | | | |
| Do you regularly play with your hair or clothing? | | | | | | | | | |
| Do you consciously resist fidgeting or squirming? | | | | | | | | | |
| 11. Can't stay seated | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Do you have trouble staying in your seat? At work? In class? At home (eg, watching TV, eating dinner)? In church or temple? | | | | | | | | | |
| Do you choose to walk around rather than sit? | | | | | | | | | |
| Do you have to force yourself to remain seated? | | | | | | | | | |
| Is it difficult for you to sit through a long meeting or lecture? | | | | | | | | | |
| Do you try to avoid going to functions that require you to sit still for long periods of time? | | | | | | | | | |
| 12. Runs/climbs excessively | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Are you physically restless? | | | | | | | | | |
| Do you feel restless inside? A lot? | | | | | | | | | |
| Do you feel more agitated when you cannot exercise on an almost daily basis? | | | | | | | | | |
| 13. Can't play/work quietly | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Do you have a hard time playing/working quietly? | | | | | | | | | |
| During leisure activity (unstructured times or on your own such as reading a book, listening to music, playing a board game), are you agitated or dysphoric? | | | | | | | | | |
| Do you always need to be busy after work or while on vacation? | | | | | | | | | |
| 14. On the go, "driven by a motor" | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Is it hard for you to slow down? | | | | | | | | | |
| Do you feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"? | | | | | | | | | |
| Do you feel like you're driven by a motor? | | | | | | | | | |
| Do you feel unable to relax? | | | | | | | | | |
| 15. Talks excessively | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Do you talk a lot? All the time? More than other people? Do people complain about your talking? Is it a problem? Are you often louder than the people you are talking to? | | | | | | | | | |
| 16. Blurts out answers | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Do you give answers to questions before someone finishes asking? | | | | | | | | | |
| Do you say things before it is your turn? | | | | | | | | | |
| Do you say things that don't fit into the conversation? | | | | | | | | | |
| Do you do things without thinking? A lot? | | | | | | | | | |
| 17. Can't wait for turn | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Is it hard for you to wait your turn (in conversation, in lines, while driving)? | | | | | | | | | |
| Are you frequently frustrated with delays? Does it cause problems? | | | | | | | | | |
| Do you put a great deal of effort into planning to not be in situations where you might have to wait? | | | | | | | | | |
| 18. Intrudes/interrupts others | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Do you talk when others are talking, without waiting until you are acknowledged? | | | | | | | | | |
| Do you but into others' conversations before being invited? | | | | | | | | | |
| Do you interrupt others' activities? | | | | | | | | | |
| Is it hard for you to wait to get your point across in conversations or at meetings? | | | | | | | | | |

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