

*Adult ADHD Self-Report Scale (ASRS)

Adult ADHD Self Report Scale

The Adult ADHD Self-Report Scale (ASRS) is a multipurpose instrument for objectively determining the severity of ADHD symptoms in adults, while also allowing for the monitoring of symptom changes and effects of treatment over time. However, it is not a diagnostic tool and cannot replace a clinical assessment. Results from the ASRS must be used in conjunction with clinical judgement and other data as required to reach the appropriate conclusion.

Select the option that best describes how you have felt and conducted yourself over the past 6 months

PART A

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|---|--|--|------------------------------------|
| 1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done? * | ☐ Never
☐ Often | ☐ Rarely
☐ Very Often | ☐ Sometimes |
| 2. How often do you have difficulty getting things in order when you have to do a task that requires organization?? * | ☐ Never
☐ Often | ☐ Rarely
☐ Very Often | ☐ Sometimes |
| 3. How often do you have problems remembering appointments or obligations? * | ☐ Never
☐ Often | ☐ Rarely
☐ Very Often | ☐ Sometimes |
| 4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started? * | ☐ Never
☐ Often | ☐ Rarely
☐ Very Often | ☐ Sometimes |
| 5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time? * | ☐ Never
☐ Often | ☐ Rarely
☐ Very Often | ☐ Sometimes |
| 6. How often do you feel overly active and compelled to do things, like you were driven by a motor? * | ☐ Never
☐ Often | ☐ Rarely
☐ Very Often | ☐ Sometimes |

PART B

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7. How often do you make careless mistakes when you have to work on a boring or difficult project? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
10. How often do you misplace or have difficulty finding things at home or at work? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
11. How often are you distracted by activity or noise around you? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
13. How often do you feel restless or fidgety? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
14. How often do you have difficulty unwinding and relaxing when you have time to yourself? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
15. How often do you find yourself talking too much when you are in social situations? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
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? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
17. How often do you have difficulty waiting your turn in situations when turn taking is required? *
- ☐ Never ☐ Rarely ☐ Sometimes
☐ Often ☐ Very Often
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18. How often do you interrupt others when
they are busy? *

☐ Never
☐ Often

☐ Rarely
☐ Very Often

☐ Sometimes

Please Add up and List Your Total Score: *

Part A

Focus: Inattention and hyperactivity/impulsivity symptoms.

Score of 4+ (masked as "Often" or "Very Often" suggests a high likelihood of ADHD.

Part B

Focus: Additional symptoms that may not be as predictive for screening but are important for a comprehension evaluation