Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

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| --- | --- | --- | --- |
| Patient Name |  | Today’s Date |  |
| 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 return this completed checklist to help inform whether further assessment is appropriate. | 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? |  |  |  |  |  |
| Part A |
| 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? |  |  |  |  |  |
| 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? |  |  |  |  |  |
| Part B |

**-Part A (items 1-6. Scores range from 0 to 6)**

If the respondent scores 4 or more in Part-A, then the symptom profile of the individual is considered to be highly consistent with an ADHD diagnosis in adults (Adler et al., 2006; Kessler et al., 2007).

**-Part B (items 7-18. Scores range from 0 to 12)**

The frequency scores on Part B provide additional cues and can serve as further probes into the patient’s symptom severity and the impact that inattention or hyperactivity has on their life.

While Part A contains the items that have been found to be most predictive of ADHD, looking at the total score (and percentile) can also be informative about diagnosis in cases where the Part A score was only 3. This scale should always be used in conjunction with a clinical interview to provide additional clinical information important

for diagnosis.

Depending on the question, responses are either scored as 0 or 1. On items 1-3, 9, 12, 16, and 18 ratings of sometimes, often, or very often are assigned one point (ratings of never or rarely are assigned zero points). For the remaining 11 items, ratings of often or very often are assigned one point (ratings of never, rarely, or sometimes are assigned zero points).