

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

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 give this completed checklist to your healthcare professional to discuss during today's appointment.		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?						
<b>Part A</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?						
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?						
<b>Part B</b>						



# Adult ADHD-RS-IV\* with Adult Prompts†

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
	0	1	2	3		0	1	2	3
<b>10. Squirms and fidgets</b>									
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?									
<b>11. Can't stay seated</b>	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?									
<b>12. Runs/climbs excessively</b>	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?									
<b>13. Can't play/work quietly</b>	0	1	2	3					
Do you have a hard time playing/working quietly? During leisure activity (nonstructured 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?									
<b>14. On the go, "driven by a motor"</b>	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?									
<b>15. Talks excessively</b>									
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?									
<b>16. Blurts out answers</b>	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?									
<b>17. Can't wait for turn</b>	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?									
<b>18. Intrudes/interrupts others</b>	0	1	2	3					
Do you talk when others are talking, without waiting until you are acknowledged?									
Do you butt 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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†Prompts developed by Leonard Adler, MD, Thomas Spencer, MD, and Joseph Biederman, MD.

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