

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?							
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							

Adult ADHD-RS-IV* with Adult Prompts†

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

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†Prompts developed by Lenard Adler, MD, Thomas Spencer, MD, and Joseph Biederman, MD.

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