

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

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1. Please enter the client's information:

Client's First Name:

Client's Last Name:

Client's DOB:

2. Please answer the questions below, rating yourself on each of the criteria shown below the questions. As you answer each question, pick the option that best describes how you have felt and conducted yourself over the PAST 6 MONTHS.

	Never	Rarely	Sometimes	Often	Always
*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?					
*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 are 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?					

How old were you when these problems began to occur?

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Overview:

The Adult ADHD Self-Report Scale (ASRS-v1.1) may be used as a tool to help screen for attention deficit / hyperactivity disorder (ADHD) in adult patients.

The checklist takes about 5 minutes to complete. The eighteen questions in the ASRS-v1.1 are consistent with DSM-IV-TR criteria and address the manifestations of ADHD symptoms in adults.

Instructions:

Ask the patient to complete the symptom checklist, marking a number between 1 and 5 of the frequency he/she experiences symptoms compatible to the question.

Ask the patient to answer each question in a way that best describes how he/she has felt and conducted him/herself in the past 6 months.

Review the checklist with your patient, evaluating the level of impairment associated with each symptom. Consider the patient's work/school, social, and family settings. Symptom frequency is often associated with symptom severity; therefore, the symptom checklist may also aid in the assessment of impairments.

If your patient has frequent symptoms, you may want to ask him/her to describe how these problems have affected the ability to work, take care of things at home, or get along with other people, such as a significant other. Be sure to assess the presence of these symptoms in childhood. Adults who have ADHD need not have been formally diagnosed in childhood. In evaluating a patient's history, look for evidence of early-appearing and long-standing problems with attention or self-control. Some significant symptoms should have been present in childhood, but full symptomology is not necessary.

Scoring:

The ASRS-v1.1 has two sub-scales: Inattention (subscale A) and Hyperactivity (subscale B).

Questions related to subscale A (1-4 and 7-12) have a single asterisk (*), while questions related to sub-scale B

(5-6 and 13-18) are have a double asterisk (**). Tally each sub-scale and include the final total in the bolded boxes.

Interpretation:

For Part A, If four or more marks appear in the shaded spots then the patient has symptoms highly consistent with ADHD in adults and further investigation is warranted.

The frequency scores on Part B provide additional cues and can serve as further probes into the patient’s symptoms.

Pay particular attention to marks in the following shaded spots in part B.

The frequency-based response is more sensitive with certain questions. No total score or diagnostic likelihood is utilized for the twelve questions.

It has been found that the six questions in Part A are the most predictive of the disorder and are best for use as a screening instrument.

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Reference:

Kessler, R. C. , Adler, L., Ames, M., Demler, O., Faraone, S., Hiripi, E., Howes, M. J. , Jin, R., Scnik, K., Spencer, T., Ustun, T. B., & Walters, E. E. (2005). The World Health Organization adult ADHD self-report scale (ASRS). Psychological Medicine, 35(2), 245-256.

3. Scores (Office Use Only):

Totals:	Score
Total Score: Inattention, Subscale A	
Total Score: Hyperactivity, Subscale B	