

Adult ADHD Symptom Checklist

Take a few minutes to complete this checklist so you can provide a detailed description of your symptoms to the health care professional. It is not meant to replace talking with a trained health care professional. An accurate diagnosis can be made only through a clinical evaluation. Regardless of the questionnaire results, if you have concerns about diagnosis and treatment of adult ADHD, please discuss your concerns with your physician. This Adult Self-Report Scale (ASRS) Screener is intended for people aged 18 years or older.

Select the answer that best describes your actions and behaviors over the past 6 months.

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

1. The 6-question Adult Self-Report Scale – V 1.1 (ASRS – V 1.1) Screener is a subset of the WHO's 18-question Adult Self-Report Scale – V 1.1 (ASRS – V 1.1) Symptom Checklist. ASRS – V 1.1 Screener COPYRIGHT © 2003 World Health Organization (WHO). Used with Permission of WHO. All Rights Reserved.

Please note:

This checklist is not intended to take the place of talking to a health care professional about your ADHD symptoms.

Adult Self-Report Scale (ASRS) Screener¹ from WHO Composite International Diagnostic Interview
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