**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.

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

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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 - V 1.1) Screener\(^1\) from WHO Composite International Diagnostic Interview