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

Patient Name	t 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	
I. 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 diff a task that requires organiz	iculty getting things in order when you have to ation?	do					
3. How often do you have pro	oblems remembering appointments or obligation	ns?					
4. When you have a task that or delay getting started?	requires a lot of thought, how often do you avo	bid					
5. How often do you fidget or to sit down for a long time	squirm with your hands or feet when you hav?	e					
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?							
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7. How often do you make co	areless mistakes when you have to work on a b	oring or					
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?		ing boring					
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 misplac	e or have difficulty finding things at home or at	work?					
II. 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?		h					
13. How often do you feel res	tless or fidgety?						
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?		ime					
15. How often do you find yourself talking too much when you are in social situations?		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 dif turn taking is required?	ficulty waiting your turn in situations when						
18. How often do you interru	ot others when they are busy?						
						F	 Part