

TABLE.

### The Adult ADHD Self-Report Scale Symptom Checklist

		Never	Rarely	Sometimes	Often	Very Often	Score
<b>Part A: Inattention</b>							
1	How often do you make careless mistakes when you have to work on a boring or difficult project?	0	1	2	3	4	
2	How often do you have difficulty keeping your attention when you are doing boring or repetitive work?	0	1	2	3	4	
3	How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?	0	1	2	3	4	
4*	How often do you have trouble wrapping up the fine details of a project, once the challenging parts have been done?	0	1	2	3	4	
5*	How often do you have difficulty getting things in order when you have to do a task that requires organization?	0	1	2	3	4	
6*	When you have a task that requires a lot of thought, how often do you avoid or delay getting started?	0	1	2	3	4	
7	How often do you misplace or have difficulty finding things at home or at work?	0	1	2	3	4	
8	How often are you distracted by activity or noise around you?	0	1	2	3	4	
9*	How often do you have problems remembering appointments or obligations?	0	1	2	3	4	
<b>Part A - Total</b>							
<b>Part B: Hyperactivity-impulsivity</b>							
10*	How often do you fidget or squirm with your hands or your feet when you have to sit down for a long time?	0	1	2	3	4	
11	How often do you leave your seat in meetings or other situations in which you are expected to remain seated?	0	1	2	3	4	
12	How often do you feel restless or fidgety?	0	1	2	3	4	
13	How often do you have difficulty unwinding and relaxing when you have time to yourself?	0	1	2	3	4	
14*	How often do you feel overly active and compelled to do things, like you were driven by a motor?	0	1	2	3	4	
15	How often do you find yourself talking too much when you are in a social situation?	0	1	2	3	4	
16	When you're in a conversation, how often do you find yourself finishing the sentences of the people that you are talking to, before they can finish them themselves?	0	1	2	3	4	
17	How often do you have difficulty waiting your turn in situations when turn-taking is required?	0	1	2	3	4	
18	How often do you interrupt others when they are busy?	0	1	2	3	4	
<b>Part B - Total</b>							

\*These six questions are used as the ADHD Self-Report Scale screener.

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