

Are you living with Adult ADHD?

The questions below can help you find out.

Many adults have been living with Adult Attention-Deficit/Hyperactivity Disorder (Adult ADHD) and don't recognize it. Why? Because its symptoms are often mistaken for a stressful life.

The following questionnaire can be used as a starting point to help you recognize the signs/symptoms of Adult ADHD but is not meant to replace consultation with a trained healthcare professional. **An accurate diagnosis can only be made 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.

Adult Self-Report Scale (ASRS) Screener

Name	Date					Score
	Never	Rarely	Sometimes	Often	Very Often	
<p>Circle the number that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.</p>						
1. 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	
2. 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	
3. How often are you distracted by activity or noise around you?	0	1	2	3	4	
4. 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	
5. How often do you feel restless or fidgety?	0	1	2	3	4	
6. How often do you have difficulty waiting your turn in situations when turn taking is required?	0	1	2	3	4	
<p>A score of 11 points or higher indicates that your symptoms may be consistent with Adult ADHD. It may be beneficial for you to talk with your healthcare provider about an evaluation.</p>					Total	

The 6-question Adult Self-Report Scale (ASRS) Screener is a subset of the WHO's 18-question Adult ADHD Self-Report Scale (Adult ASRS) Symptom Checklist.

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