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

Patient 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	
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 organiza	iculty getting things in order when you ha	ve to do					
3. How often do you have pro	blems remembering appointments or oblig	gations?					
4. When you have a task that or delay getting started?	requires a lot of thought, how often do yo	ou avoid					
5. How often do you fidget or to sit down for a long time?	squirm with your hands or feet when you	ı have					
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 careless mistakes when you have to work on a boring or difficult project?							
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?							
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 misplace	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?							
13. How often do you feel rest	cless or fidgety?						
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?							
15. How often do you find yourself talking too much when you are in social 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	1					
18. How often do you interrup	ot others when they are busy?						
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