Adult ADHD-RS-IV* with Adult Prompts[†]

The ADHD-RS-IV with Adult Prompts is an 18-item scale based on the DSM-IV- TR^{\odot} criteria for ADHD that provides a rating of the severity of symptoms. The adult prompts serve as a guide to explore more fully the extent and severity of ADHD symptoms and create a framework to ascertain impairment. The first 9 items assess inattentive symptoms and the last 9 items assess hyperactive-impulsive symptoms. Scoring is based on a 4-point Likert-type severity scale: 0 = none, 1 = mild, 2 = moderate, 3 = severe. Clinicians should score the highest score that is generated for the prompts for each item.

Example: If one prompt generates a "2" and all others are a "1," by convention, the rating for that item is still a "2" Significant symptoms in clinical trials are generally considered at least a "2" – moderate.

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
I. Carelessness	0	Т	2	3	5. Can't organize	0	I.	2	3
Do you make a lot of mistakes (in school or work)?					Do you have trouble organizing tasks into ordered steps?				
Is this because you're careless?					Is it hard prioritizing work and chores?				
Do you rush through work or activities?					Do you need others to plan for you?				
Do you have trouble with detailed work?					Do you have trouble with time management? Does it				
Do you not check your work?					cause problems?				
Do people complain that you're careless?					Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible?				
Are you messy or sloppy?									
Is your desk or workspace so messy that you					6. Avoids/dislikes tasks requiring sustained mental effort	0	I	2	3
have difficulty finding things? 2. Difficulty sustaining attention in activities	0		2	3	Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay				
Do you have trouble paying attention when	·	•	-	5	focused on these things for a long time?				
watching movies, reading, or attending lectures?					Do you have to force yourself to do these tasks?				
Or on fun activities such as sports or board games?					How hard is it?				
ls it hard for you to keep your mind on school or work? Do you have unusual trouble staying focused on boring or repetitive tasks?					Do you procrastinate and put off tasks until the last moment possible?				
Does it take a lot longer than it should to complete					7. Loses important items	0	I.	2	3
tasks because you can't keep your mind on the task?					Do you lose things (eg. important work papers, keys, wallet, coats, etc)? A lot? More than others?				
Is it even harder for you than some others you know?					Are you constantly looking for important items?				
Do you have trouble remembering what you read and do you need to re-read the same passage several times?					Do you get into trouble for this (at work or at home)?				
					Do you need to put items (eg, glasses, wallet, keys) in				
3. Doesn't listen	0	Т	2	3	the same place each time, otherwise you will lose them?				
Do people (spouse, boss, colleagues, friends) complain that you don't seem to listen or respond					8. Easily distractible	0	Т	2	3
(or daydream) when spoken to or when asked to do tasks? A lot?					Are you ever very easily distracted by events around you such as noise (conversation, TV, radio), movement,				
Do people have to repeat directions?					or clutter?				
Do you find that you miss the key parts of conversations					Do you need relative isolation to get work done?				
because of drifting off in your own thoughts? Does it cause problems?					Can almost anything get your mind off of what you are doing, such as work, chores, or if you're talking to someone?				
4. No follow through	0	Т	2	3	ls it hard to get back to a task once you stop?				
Do you have trouble finishing things (such as work or chores)?									
Do you often leave things half done and start another project?					9. Forgetful in daily activities	0	I	2	3
Do you need consequences (such as deadlines) to finish?					Do you forget a lot of things in your daily routine? Like				
Do you have trouble following instructions (especially complex, multistep instructions that have to be done in					what? Chores? Work? Appointments or obligations?				
a certain order with different steps)?					Do you forget to bring things to work, such as work materials or assignments due that day?				
Do you need to write down instructions, otherwise you					Do you need to write regular reminders to yourself to do				
will forget them?					most activities or tasks, otherwise you will forget?				

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
10. Squirms and fidgets	0	1	2	3	15. Talks excessively	0	1	2	3
Can you sit still or are you always moving your hands or feet, or fidgeting in your chair?					Do you talk a lot? All the time? More than other people? Do people complain about your talking? Is it a problem?				
Do you tap your pencil or your feet? A lot? Do people notice?					Are you often louder than the people you are talking to?				
Do you regularly play with your hair or clothing?					16. Blurts out answers	0	1	2	3
Do you consciously resist fidgeting or squirming?					Do you give answers to questions before someone finishes asking?				
II. Can't stay seated	0	Т	2	3	Do you say things before it is your turn?				
Do you have trouble staying in your seat? At work?					Do you say things that don't fit into the conversation?				
In class? At home (eg, watching TV, eating dinner)?					Do you do things without thinking? A lot?				
In church or temple?					17. Can't wait for turn	0	1	2	3
Do you choose to walk around rather than sit?					Is it hard for you to wait your turn (in conversation,				
Do you have to force yourself to remain seated?					in lines, while driving)?				
ls it difficult for you to sit through a long meeting or lecture?					Are you frequently frustrated with delays? Does it cause problems?				
Do you try to avoid going to functions that require you to sit still for long periods of time?					Do you put a great deal of effort into planning to not be in situations where you might have to wait?				
12. Runs/climbs excessively	0	Т	2	3	18. Intrudes/interrupts others	0	Т	2	3
Are you physically restless?					Do you talk when others are talking, without waiting until				
Do you feel restless inside? A lot?					you are acknowledged?				
Do you feel more agitated when you cannot exercise					Do you butt into others' conversations before being invited?				
on an almost daily basis?					Do you interrupt others' activities?				
13. Can't play/work quietly	0	Т	2	3	Is it hard for you to wait to get your point across in conversations or at meetings?				
Do you have a hard time playing/working quietly?									
During leisure activity (nonstructured times or on your own such as reading a book, listening to music, playing a board game), are you agitated or dysphoric? Do you always need to be busy after work or while on vacation?									
14. On the go, "driven by a motor"	0	Т	2	3					
Is it hard for you to slow down?					Patient Name:	Da	te:		
Do you feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"?					Person Filling Out Form:	Relation	Relationship:		
Do you feel like you're driven by a motor?									
Do you feel unable to relax?									

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[†]Prompts developed by Lenard Adler, MD, Thomas Spencer, MD, and Joseph Biederman, MD.

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