

Name: \_\_\_\_\_

Date Completed: \_\_\_\_\_

## ADHD Self-Report Scale (ASRS) DSM 5 Symptom Checklist

For each item, circle the item in the column that best describes how you have felt and conducted yourself over the past one month.

#	Question	Items 1-9: inattentive symptoms. Items 10-18: hyperactive-impulsive symptoms.	Never	Rarely	Sometimes	Often	Very Often
1	How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?		0	1	2	3	4
2	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
3	How often do you have problems remembering appointments or obligations?		0	1	2	3	4
4	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
5	How often do you make careless mistakes when you have to work on a boring or difficult project?		0	1	2	3	4
6	How often do you have difficulty keeping your attention when you are doing boring or repetitive work?		0	1	2	3	4
7	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
8	How often do you misplace or have difficulty finding things at home or at work?		0	1	2	3	4
9	How often are you distracted by activity or noise around you?		0	1	2	3	4
10	How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?		0	1	2	3	4
11	How often do you feel overly active and compelled to do things, like you were driven by a motor?		0	1	2	3	4
12	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
13	How often do you feel restless or fidgety?		0	1	2	3	4
14	How often do you have difficulty unwinding and relaxing when you have time to yourself?		0	1	2	3	4
15	How often do you find yourself talking too much when you are in social situations?		0	1	2	3	4
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?		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
(Office Use)		Total for Each Column:					
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