

World Health Organization (WHO) Adult ADHD Self-Report Scale (ASRS-v1.1)



Many adults with ADHD are not diagnosed and treated. The following questionnaire can help you determine whether you have symptoms that are consistent with ADHD.

<i>Check the box 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.</i>	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?					
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?					
3. How often do you have problems remembering appointments or obligations?					
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?					

Add the number of check marks that appear in the darkly shaded area. Four (4) or more check marks indicate that your symptoms may be consistent with Adult ADHD. It may be helpful for you to talk with your healthcare provider about getting evaluated for ADHD.

Kessler RC et al. The World Health Organization Adult ADHD Self-Report Scale (ASRS): a short screening scale for use in the general population. *Psychol Med.* 2005;35:245-256.

The 6-question Adult Self-Report Scale-Version 1.1 (ASRS-v1.1) Screener is a subset of the WHO's 18-question Adult ADHD Self-Report Scale v1.1 (Adult ASRS-v1.1) Symptom Checklist.

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