

## Adult Self-Report Scale

### **ADHD Self-Test**

With the permission of Todd Strauss – Research Assistant in the Department of Health Care Policy Institute at Harvard Medical School, I'm including on the next page a helpful self-test for ADHD for those readers who might suspect they suffer from the disorder. Take the test even if you think you may not have ADHD.

In the past, little was done to diagnose adult ADHD, and there was not an effective brief screening tool to administer. Today that has changed with the advent of an adult self-assessment quiz. "A team of leading experts, in conjunction with the World Health Organization, developed the Adult Self-Report Scale, or ASRS. Led by Ron Kessler of Harvard and Len Adler of NYU, the team refined the questions to the point where 80 percent of the people who score positive on the ASRS will turn out to have ADD when a full evaluation is done."<sup>i</sup>

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**Note:** This Adult Self-Report Scale-V1.1 (ASRS-V1.1) Screener is intended for people aged 18 years or older.

**Adult Self-Report Scale-V1.1 (ASRS-V1.1) Screener<sup>ii</sup>**  
*from WHO Composite International Diagnostic Interview*  
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<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>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Very Often</b>
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 and feet when you have to sit down for a long time?					
6. How often do you feel overly active and compelled to do things, as if you were driven by a motor?					

*Add the number of checkmarks that appear in the darkly shaded area. Four (4) or more checkmarks indicate that your symptoms may be consistent with Adult ADHD. It may be beneficial for you to talk with your healthcare provider about an evaluation.*

**DISCLAIMER:** 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.

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<sup>i</sup> Hallowell, M.D., Edward M. and Ratey, M.D., John J. *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*. New York: Ballantine Books, 2005, p.38.

<sup>ii</sup> Kessler, R.C., Adler, L., Ames, M., Demler, O., Faraone, S., Hiripi, E., Howes, M.J., Jin, R., Secnik, K., Spencer, T., Ustun, T.B., Walters, E.E. (2005). The World Health Organization Adult ADHD Self-Report Scale (ASRS). *Psychological Medicine*, 35(2), 245-256.