

HEALING MINDS

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

Patient Name:

Date:

1. Trouble wrapping up final details after main part of a project is done

Never

Rarely

Sometimes

Often

Very Often

2. Difficulty getting things in order for tasks that need organization

Never

Rarely

Sometimes

Often

Very Often

3. Problems remembering appointments or obligations

Never

Rarely

Sometimes

Often

Very Often

4. Avoid or delay starting tasks that require a lot of thought

Never

Rarely

Sometimes

Often

Very Often

5. Fidget or squirm when you have to sit for a long time

Never

Rarely

Sometimes

Often

Very Often

6. Feel overly active and compelled to do things, like driven by a motor

Never

Rarely

Sometimes

Often

Very Often

7. Make careless mistakes on boring or difficult projects

Never

Rarely

Sometimes

Often

Very Often

8. Difficulty keeping attention on boring or repetitive work

Never

Rarely

Sometimes

Often

Very Often

9. Difficulty concentrating on what people say, even when spoken directly

Never

Rarely

Sometimes

Often

Very Often

10. Misplace or have difficulty finding things at home or work

Never

Rarely

Sometimes

Often

Very Often

11. Distracted by activity or noise around you

Never

Rarely

Sometimes

Often

Very Often

12. Leave your seat when expected to remain seated

Never

Rarely

Sometimes

Often

Very Often

HEALING MINDS

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

13. Feel restless or fidgety

Never

Rarely

Sometimes

Often

Very Often

14. Difficulty unwinding and relaxing when you have time

Never

Rarely

Sometimes

Often

Very Often

15. Talk too much in social situations

Never

Rarely

Sometimes

Often

Very Often

16. Finish other people's sentences prematurely

Never

Rarely

Sometimes

Often

Very Often

17. Difficulty waiting your turn

Never

Rarely

Sometimes

Often

Very Often

18. Interrupt others when they are busy

Never

Rarely

Sometimes

Often

Very Often