

# 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 |
|-------|--------|-----------|-------|------------|

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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 |
|-------|--------|-----------|-------|------------|