

ADHD Rating Scale

Please circle the appropriate number.

	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 difficulties 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

Source: ASRS v1.1

	Never	Rarely	Sometimes	Often	Very Often
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 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

Source: ASRS v1.1