

<b>Adult ADHD Self-Report Scale</b>		Never	Rarely	Sometimes	Often	Very Often
1.	How often do you make careless mistakes when you have to work on a boring or difficult project?	0	1	2	3	4
2.	How often do you have difficulty keeping your attention when you are doing boring or repetitive work?	0	1	2	3	4
3.	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
4.	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
5.	How often do you have difficulty getting things in order when you have to do a task that requires organization?	0	1	2	3	4
6.	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
7.	How often do you misplace or have difficulty finding things at home or at work?	0	1	2	3	4
8.	How often are you distracted by activity or noise around you?	0	1	2	3	4
9.	How often do you have problems remembering appointments or obligations?	0	1	2	3	4
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 leave your seat in meetings or other situations in which you are expected to remain seated?	0	1	2	3	4
12.	How often do you feel restless or fidgety?	0	1	2	3	4
13.	How often do you have difficulty unwinding and relaxing when you have time to yourself?	0	1	2	3	4
14.	How often do you feel overly active and compelled to do things, like you were driven by a motor?	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 them 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

Kessler, R.C., Adler, L., Ames, M., Delmer, 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): A short screening scale for use in the general population. *Psychological Medicine*, 35, 245-256.