

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

Patient Name		Today's Date					
Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.			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?							
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 or feet when you have to sit down for a long time?							
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?							
Part A							
7. How often do you make careless mistakes when you have to work on a boring or difficult project?							
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?							
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?							
10. How often do you misplace or have difficulty finding things at home or at work?							
11. How often are you distracted by activity or noise around you?							
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?							
13. How often do you feel restless or fidgety?							
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?							
15. How often do you find yourself talking too much when you are in social situations?							
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?							
17. How often do you have difficulty waiting your turn in situations when turn taking is required?							
18. How often do you interrupt others when they are busy?							
Part B							

Exaggerated Emotions

How and where ADHD may trigger intense feelings

Notes

Do you ever experience sudden, intense bouts of rage when your feelings are hurt?

- Often
- Not Often

Do you ever experience sudden, intense bouts of depression when you think you have been rejected or criticized?

- Often
- Not Often

Are you your own harshest critic?

- Often
- Not Often

Do you ever feel anxious in social situations because you assume that no one likes you?

- Often
- Not Often

Do you consider yourself a “people pleaser,” often considering going above and beyond to get on someone’s good side?

- Often
- Not Often

Do you ever pass up opportunities or avoid starting projects because you’re afraid you’ll fail to meet yours or others’ expectations?

- Often
- Not Often

Have you ever been called “overly sensitive” or a “head case” because of your strong emotional reactions?

- Often
- Not Often

Do you often dedicate more time than is necessary to a project or become perfectionistic to make sure your work has no mistakes (and is above reproach)?

- Often
- Not Often

Do you ever experience your emotions as a physical sensation, as though you've been punched in the chest or physically "wounded?"

- Often
- Not Often

Do you ever feel shame about the "lack of control" you have over your emotions?

- Often
- Not Often

Have you historically been told that you might be depressed? Have bipolar disorder? Have a borderline character disorder?

- No
- Yes

Do you ever shy away from close friendships or romantic relationships, because you worry that if people "know the real you," they won't like you?

- Often
- Not Often

Do you assume the worst in commonplace interactions — worrying you will be fired every time your boss calls you in to her office, for instance?

- Often
- Not Often

Do you regularly think that you cannot go on feeling this way?

- Yes
- No

Do you ever avoid meeting new people or trying new things because your fear of rejection and criticism is so strong?

- Often
- Not Often