

Adult ADHD-RS-IV with Adult Prompts

NAME:

DATE:

	None	Mild	Mod	Severe
1. Carelessness				
Do you make a lot of mistakes (in school or work)?	0	1	2	3
Is this because you're careless?	0	1	2	3
Do you rush through work or activities?	0	1	2	3
Do you have trouble with detailed work?	0	1	2	3
Do people complain that you're careless?	0	1	2	3
Are you messy or sloppy?	0	1	2	3
Is your desk or workspace so messy that you have difficulty finding things?	0	1	2	3
2. Difficulty sustaining attention in activities				
Do you have trouble paying attention when watching movies, reading or attending lectures? Or on fun activities such as sports or board games?	0	1	2	3
Is it hard for you to keep your mind on school or work?	0	1	2	3
Do you have unusual trouble staying focused on boring or repetitive tasks?	0	1	2	3
Does it take a lot longer than it should to complete tasks because you can't keep your mind on the task?	0	1	2	3
Is it even harder for you than some others you know?	0	1	2	3
Do you have trouble remembering what you read and do you need to re-read the same passage several times?	0	1	2	3
3. Doesn't Listen				
Do people (spouse, boss, colleagues, friends) complain that you don't seem to listen or respond (or daydream) when spoken to or when asked to do tasks?	0	1	2	3
A lot?	0	1	2	3
Do people have to repeat directions?	0	1	2	3
Do you find that you miss the key parts of a conversation because of drifting off in your own thoughts?	0	1	2	3
Does it cause problems?	0	1	2	3
4. No follow through				
Do you have trouble finishing things (such as work or chores)?	0	1	2	3
Do you often leave things half done and start another project?	0	1	2	3
Do you need consequences (such as deadlines) to finish?	0	1	2	3
Do you have trouble following instructions (especially complex, multistep instructions that have to be done in a certain order with different steps)?	0	1	2	3
Do you need to write down instructions, otherwise you will forget them?	0	1	2	3
5. Can't organize				
Do you have trouble organizing tasks into ordered steps?	0	1	2	3
Is it hard prioritizing work and chores?	0	1	2	3
Do you need others to plan for you?	0	1	2	3
Do you have trouble with time management?	0	1	2	3
Does it cause problems?	0	1	2	3
Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible?	0	1	2	3
6. Avoids/dislikes tasks requiring sustained mental effort				
Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay focused on these things for a long time?	0	1	2	3
Do you have to force yourself to do these tasks?	0	1	2	3
How bad is it?	0	1	2	3
Do you procrastinate and put off tasks until the last moment possible?	0	1	2	3
7. Loses important items				
Do you lose things (eg, important work papers, keys, wallet, coats, etc)?	0	1	2	3
A lot?	0	1	2	3
More than others?	0	1	2	3
Are you constantly looking for important items?	0	1	2	3
Do you get into trouble for this (at work or at home)?	0	1	2	3
Do you need to put items (eg, glasses, wallet, keys) in the same place each time, otherwise you will lose them?	0	1	2	3
8. Easily distractible				
Are you ever very easily distracted by events around you such as noise (conversation, TV, radio), movement, or clutter?	0	1	2	3
Do you need relative isolation to get work done?	0	1	2	3
Can almost anything get your mind off of what you are doing, such as work, chores, or if you're talking to someone?	0	1	2	3
Is it hard to get back to a task once you stop?	0	1	2	3
9. Forgetful in daily activities				
Do you forget a lot of things in your daily routine?	0	1	2	3
Like what? Chores? Work? Appointments or obligations?	0	1	2	3
Do you forget to bring things to work, such as work materials or assignments due that day?	0	1	2	3
Do you need to write regular reminders to yourself to do most activities or tasks, otherwise you will forget?	0	1	2	3

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10. Squirms and fidgets				
Can you sit still or are you always moving your hands or feet, or fidgeting in your chair?	0	1	2	3
Do you tap your pencil or your feet?	0	1	2	3
A lot? Do people notice?	0	1	2	3
Do you regularly play with your hair or clothing?	0	1	2	3
Do you consciously resist fidgeting or squirming?	0	1	2	3
11. Can't stay seated?				
Do you have trouble staying in your seat?	0	1	2	3
At work?	0	1	2	3
In class?	0	1	2	3
At home (eg, watching TV, eating dinner)?	0	1	2	3
In church or temple?	0	1	2	3
Do you choose to walk around rather than sit?	0	1	2	3
Do you have to force yourself to remain seated?	0	1	2	3
Is it difficult for you to sit through a long meeting or lecture?	0	1	2	3
Do you try to avoid going to functions that require you to sit still for long periods of time?	0	1	2	3
12. Runs/climbs excessively				
Are you physically restless?	0	1	2	3
Do you feel restless inside?	0	1	2	3
A lot?	0	1	2	3
Do you feel more agitated when you cannot exercise on an almost daily basis?	0	1	2	3
13. Can't play/work quietly				
Do you have a hard time playing/working quietly?	0	1	2	3
During leisure activity (nonstructured times or on your own such as reading a book, listening to music, playing a board game), are you agitated or dysphoric?	0	1	2	3
Do you always need to be busy after work or on vacation?	0	1	2	3
14. On the go, "driven by a motor"				
Is it hard for you to slow down?	0	1	2	3
Do you feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"?	0	1	2	3
Do you feel like you're driven by a motor?	0	1	2	3
Do you feel unable to relax?	0	1	2	3
15. Talks excessively				
Do you talk a lot?	0	1	2	3
All the time?	0	1	2	3
More than other people?	0	1	2	3
Do people complain about your talking?	0	1	2	3
Is it a problem?	0	1	2	3
Are you often louder than the people you are talking to?	0	1	2	3
16. Blurts out answers				
Do you give answers to questions before someone finishes asking?	0	1	2	3
Do you say things before it is your turn?	0	1	2	3
Do you say things that don't fit into the conversation?	0	1	2	3
Do you do things without thinking?	0	1	2	3
A lot?	0	1	2	3
17. Can't wait for turn				
Is it hard for you to wait your turn (in conversation, in lines, while driving)?	0	1	2	3
Are you frequently frustrated with delays?	0	1	2	3
Does it cause problems?	0	1	2	3
Do you put a great deal of effort into planning to not be in situations where you might have to wait?	0	1	2	3
18. Intrudes/interrupts others				
Do you talk when others are talking, without waiting until you are acknowledged?	0	1	2	3
Do you butt into to others' conversations before being invited?	0	1	2	3
Do you interrupt others' activities?	0	1	2	3
Is it hard for you to wait to get your point across in conversations or at meetings?	0	1	2	3