

Adult ADHD Self-Report Scale (ASRS) Symptom Checklist

Name	Date					
		Never	Rarely	Sometimes	Often	Very Often
<p>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.</p>						
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						

Adult ADHD-RS-IV with Adult Prompts - Symptom Rating Scale

NAME:

DATE:

Please select the appropriate number in the box below. The questions are examples that will prompt your answer.

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

Adult ADHD-RS-IV with Adult Prompts - Symptom Rating Scale

	None	Mild	Mod	Severe
10. Squirms and fidgets	0	1	2	3
Can you sit still or are you always moving your hands or feet, or fidgeting in your chair? Do you tap your pencil or your feet? A lot? Do people notice? Do you regularly play with your hair or clothing? Do you consciously resist fidgeting or squirming?	<input type="checkbox"/>			
11. Can't stay seated?	0	1	2	3
Do you have trouble staying in your seat? (At work, In class or at home? Watching TV or eating dinner? Do you choose to walk around rather than sit? Is it difficult for you to sit through a long meeting or lecture? Do you try to avoid going to functions that require you to sit still for long periods of time?	<input type="checkbox"/>			
12. Runs/climbs excessively	0	1	2	3
Are you physically restless? Do you feel restless inside? A lot? Do you feel more agitated when you cannot exercise on an almost daily basis?	<input type="checkbox"/>			
13. Can't play/work quietly	0	1	2	3
Do you have a hard time playing/working quietly? 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?	<input type="checkbox"/>			
14. On the go, "driven by a motor"	0	1	2	3
Is it hard for you to slow down? Do you feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"? Do you feel like you're driven by a motor? Do you feel unable to relax?	<input type="checkbox"/>			
15. Talks excessively	0	1	2	3
Do you talk a lot? All the time? More than other people? Do people complain about your talking? Are you often louder than the people you are talking to?	<input type="checkbox"/>			
16. Blurts out answers	0	1	2	3
Do you give answers to questions before someone finishes asking? Do you say things before it is your turn? Do you say things that don't fit into the conversation? Do you do things without thinking? A lot?	<input type="checkbox"/>			
17. Can't wait for turn	0	1	2	3
Is it hard for you to wait your turn (in conversation, in lines, while driving)? Are you frequently frustrated with delays? Does it cause problems?	<input type="checkbox"/>			
18. Intrudes/interrupts others	0	1	2	3
Do you talk when others are talking, without waiting until you are acknowledged? Do you butt into others' conversations before being invited? Do you interrupt others' activities? Is it hard for you to wait to get your point across in conversations or at meetings?	<input type="checkbox"/>			
Total score	<input type="checkbox"/>			

Diagnostic Interview for ADHD in adults (DIVA)

DIVA QUESTIONNAIRE (PATIENT VERSION)

Name of patient:

Date of birth:

Sex:

Part 1: Symptoms of attention deficit (DSM-5 criterion A1)

Introductions: The symptoms in adulthood have to have been present for at least 6 months. The symptoms in childhood relate to the age of 5-12 years. For a symptom to be ascribed to ADHD it should have a chronic trait-like course and should not be episodic.

A1 Do you often fail to give close attention to details, or do you make careless mistakes in your work or during other activities? *And how was that during childhood (in schoolwork or during other activities)?*

Examples adulthood

- Makes careless mistakes
- Works slowly to avoid mistakes
- Work is inaccurate
- Does not read instructions carefully
- Overlooks or misses details
- Too much time needed to complete detailed tasks
- Gets easily bogged down by details
- Works too quickly and therefore makes mistakes
- Other:

Examples childhood

- Careless mistakes in schoolwork
- Mistakes made by not reading questions properly
- Overlooks or misses details
- Work is inaccurate
- Leaves questions unanswered by not reading them properly
- Others comment about careless work
- Not checking the answers in homework
- Too much time needed to complete details tasks
- Other:

Symptoms present? Yes No

Symptoms present? Yes No

A2 Do you have difficulty sustaining your attention in tasks? *And how was that during childhood (in play activities)?*

Examples adulthood

Not able to keep attention on tasks for long*
Quickly distracted by own thoughts or associations
Easily distracted by unrelated thoughts
Difficulty remaining focussed during lectures and/or conversations
Finds it difficult to watch a film through to the end, or to read a book*
Quickly becomes bored with things*
Asks questions about subjects that have already been discussed
Other:

Examples childhood

Difficulty keeping attention on schoolwork
Difficulty keeping attention on play*
Difficulty remaining focussed during lectures and/or conversations
Easily distracted
Difficulty concentrating*
Needing structure to avoid becoming distracted
Quickly becoming bored of activities*
Other:

*Unless the subject is found to be really interesting (e.g. computer or hobby)

*Unless the subject is found to be really interesting (e.g. computer or hobby)

Symptoms present? Yes No

Symptoms present? Yes No

A3 Does it often seem as though you are not listening when you are spoken to directly? *And how was that during childhood?*

Examples adulthood

Dreamy or preoccupied
Difficulty concentrating on a conversation
Afterwards, not knowing what a conversation was about
Often changing the subject of the conversation
Others saying that your thoughts are somewhere else
Mind seems elsewhere, even in the absence of any obvious distraction
Other:

Examples childhood

Not knowing what parents/teachers have said
Dreamy or preoccupied
Only listening during eye contact or when a voice is raised
Mind seems elsewhere, even in the absence of any obvious distraction
Often having to be addressed again
Questions having to be repeated
Other:

Symptoms present? Yes No

Symptoms present? Yes No

A4 Do you often not follow through on instructions and often fail to finish chores or duties in the workplace?
And how was that during childhood (in schoolwork?)

Examples adulthood

Does things that are muddled up together

without completing them

Starts tasks but quickly loses focus and is easily sidetracked

Needing a time limit to complete tasks

Difficulty completing administrative tasks

Difficulty following instructions from a manual

Other:

Examples childhood

Difficulty following instructions

Difficulty with instructions involving more than one step

Difficulty with instructions involving more than one step

Other:

Symptoms present? Yes No

A5 Do you often find it difficult to organise tasks and activities? *And how was that during childhood?*

Examples adulthood

Difficulty with planning activities of daily life
Difficulty managing sequential tasks
House and/or workplace are disorganised
Difficulty keeping materials and belongings in order
Works messy and disorganised
Planning too many tasks or non-efficient planning
Regularly booking things to take place at the same time (double-booking)
Arriving late
Fails to meet deadlines
Not able to use an agenda or diary consistently
Inflexible because of the need to keep to schedules
Poor sense and management of time
Creating schedules but not using them
Needing other people to structure things
Other:

Examples childhood

Difficulty being ready on time
Messy room / desk and/or work
Difficulty keeping materials and belongings in order
Difficulty playing alone
Difficulty planning tasks or homework
Fails to meet deadlines
Doing things in a muddled way
Arriving late
Poor sense of time
Difficulty keeping himself/herself entertained
Other:

Symptoms present? Yes No

Symptoms present? Yes No

A6 Do you often avoid (or do you dislike, or are you reluctant to engage in) tasks that require sustained mental effort? *And how was that during childhood?*

Examples adulthood

Do the easiest or nicest things first of all
Often postpone boring or difficult tasks
Postpone tasks so that deadlines are missed
Avoid monotonous work, such as administration
Avoids preparing reports, completing forms, or reviewing lengthy papers
Do not like reading due to mental effort
Avoidance of tasks that require a lot of concentration

Other:

Examples childhood

Avoidance of homework or has an aversion to this
Reads few books or does not feel like reading due to mental effort
Avoidance of tasks that require a lot of concentration
Aversion to school subjects that require a lot of concentration
Often postpones boring or difficult tasks
Other:

Symptoms present? Yes No

Symptoms present? Yes No

A7 Do you often lose things that are necessary for tasks or activities? *And how was that during childhood?*

Examples adulthood

Mislays tools, paperwork, eyeglasses, mobile telephones, wallet, keys, or agenda

Often leave things behind

Loses paper for work

Loses a lot of time searching for things

Gets in a panic if other people move things around

Stores things away in the wrong place

Loses notes, lists or telephone numbers

Other:

Examples childhood

Loses school materials, pencils, books or other items

Reads few books or does not feel like reading due to mental effort

Mislays toys, clothing, or homework

Spends a lot of time searching for things

Gets in a panic if other people move things around

Comments from parents and/or teachers about things being lost

Other:

Symptoms present?

Yes

No

Symptoms present?

Yes

No

A8 Are you often easily distracted by extraneous stimuli? *And how was that during your childhood?*

Examples adulthood

Difficulty shutting off from external stimuli
After being distracted, difficult to pick up the thread again
Easily distracted by noises or events
Easily distracted by the conversations of others
Difficulty in filtering and/or selecting information
Other:

Examples childhood

In the classroom, often looking outside
Easily distracted by noises or events
After being distracted, has difficulty picking up the thread again
Other:

Symptoms present? Yes No

Symptoms present? Yes No

A9 Are you often forgetful in daily activities? *And how was that during childhood?*

Examples adulthood

Forgets appointments or other obligations
Forgets keys, agenda etc.
Needs frequent reminders for appointments
Forgets to pay bills or to return calls
Returning home to fetch forgotten things
Rigid use of lists to make sure things aren't forgotten
Forgets to keep or look at daily agenda
Forgets to do chores or run errands
Other:

Examples childhood

Forgets appointments or instructions
Forgets to do chores or run errands
Has to be frequently reminded of things
Half-way through a task, forgetting what has to be done
Forgets to take things to school
Leaving things behind at school or at friends' houses
Other:

Symptoms present? Yes No

Symptoms present? Yes No

Part 2: Symptoms of hyperactivity-impulsivity (DSM-5 criterion A2)

Introductions: The symptoms in adulthood have to have been present for at least 6 months. The symptoms in childhood relate to the age of 5-12 years. For a symptom to be ascribed as ADHD it should have a chronic trait-like course and should not be episodic.

H/I 1 Do you often fidget with or tap hands or feet, or do you often squirm in your seat? *And how was that during childhood?*

Examples adulthood

Difficulty sitting still
Fidgeting with the legs
Tapping with a pen or playing with something
Fiddling with hair or biting nails
Able to control restlessness, but feels stressed as a result
Other:

Examples childhood

Parents often said 'sit still' or similar
Fidgets with the legs
Tapping with a pen or playing with something
Fiddling with hair or biting nails
Able to control restlessness, but feels stressed as a result
Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 2 Do you often leave your seat in situations where it is expected that you remain seated? *And how was that during childhood?*

Examples adulthood

Often leaves his/her place in the office or in the workplace

Avoids symposiums, lectures, church etc.

Prefers to work around rather than sit

Never sits still for long, always moving around

Stressed owing to the difficulty of sitting still

Makes excuses in order to be able to walk around

Other:

Examples childhood

Often stands up while eating or leave his/her place in the classroom

Finds it very difficult to stay seated at school or during meals

Being told to remain seated

Making excuses in order to walk around

Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 3 Do you often feel restless? *And how was that during childhood?*

Examples adulthood

Feeling restless or agitated inside

Constantly having the feeling that you have to be doing something

Finding it hard to relax

Other:

Examples adulthood

Always running around where it is inappropriate

Climbing on furniture, or jumping on the sofa

Climbing in trees

Feeling restless inside

Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 4 Do you often find it difficult to engage in leisure activities quietly? *And how was that during childhood (in play activities)?*

Examples adulthood

Talks during activities when this is not appropriate

Becoming quickly too cocky in public

Being loud in all kinds of situations

Difficulty in speaking softly

Other:

Examples childhood

Being loud-spoken during play or in the classroom

Unable to watch TV or films quietly

Asked to be quieter or calm down

Becoming quickly too cocky in public

Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 5 Are you often 'on the go' or do you often act as if 'driven by a motor'? *And how was this during childhood?*

Examples adulthood

Always busy doing something
Is uncomfortable being still for extended time, e.g. in restaurants or meetings
Has too much energy, always on the move
Others find you restless or difficult to keep up with
Stepping over own boundaries
Finds it difficult to let things go, excessively driven
Other:

Examples childhood

Constantly busy
Others find you restless or difficult to keep up with
Is uncomfortable being still for extended time
Excessively active at school and at home
Has lots of energy
Always on the go, excessively driven
Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 6 Do you often talk excessively? *And how was that during childhood?*

Examples adulthood

So busy talking that other people find it tiring
Known to be an incessant talker
Finds it difficult to stop talking
Tendency to talk too much
Not giving others room to interject during a conversation
Needing a lot of words to say something
Other:

Examples childhood

Known as a chatterbox
Teachers and parents often ask you to be quiet
Comments in school reports about talking too much
Being punished for talking too much
Keeping others from doing schoolwork by talking too much
Not giving others room during a conversation
Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 7 Do you often blurt out an answer before questions have been completed? *And how was that during childhood?*

Examples adulthood

Being a blabbermouth, saying what you think

Saying things without thinking first

Givings people answers before they have finished speaking

Completing others people's sentences

Being tactless

Other:

Examples childhood

Being a blabbermouth, saying things without thinking first

Wants to be the first to answer questions at school

Blurts out an answer even if it is wrong

Interrupts others before sentences are finished

Difficulty waiting for turn during conversations

Coming across as being tactless

Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 8 Do you often find it difficult to await your turn? *And how was that during childhood?*

Examples adulthood

Difficulty waiting in a queue, jumping the queue

Difficult in patiently waiting in the traffic/traffic jams

Being impatient

Quickly starting relationships/jobs, and ending/leaving these because of impatience

Other:

Examples childhood

Difficulty waiting turn in group activities

Difficulty waiting turn in the classroom

Always being the first to talk or act

Becomes quickly impatient

Crosses the road without looking

Other:

Symptoms present? Yes No

Symptoms present? Yes No

H/I 9 Do you often interrupt or intrude on others? *And how was that during childhood?*

Examples adulthood

Being quick to interfere with others

Intrudes on others

Disturbs other people's activities without being asked, or takes over their tasks

Comments from others about interference

Difficulty respecting the boundaries of others

Having an opinion about everything and immediately expressing this

Other:

Examples childhood

Interrupts the games or activities of others

Starts using people's things without asking or permission

Interrupts the conversation of others

Reacts to everything

Unable to wait

Other:

Symptoms present? Yes No

Symptoms present? Yes No

Part 3: Impairment on account of the symptoms (DSM-5 criteria B, C and D)

Criterion B

Have you always had these symptoms of attention deficit and/or hyperactivity/impulsivity?

Yes (several symptoms were present prior to the 12th year of age)

No

Criterion C

In which areas do you have / have you had problems with these symptoms?

Adulthood

Work/education

Did not complete education/training needed for work

Sickness benefits/disability benefit as a result of symptoms

Work below level of education

Limited impairment through compensation of high IQ

Tire quickly of a workplace

Limited impairment through compensation of external structure

Difficulty with administrative work/planning

Other:

Not achieving promotions

Under-performing at work

Left work following argum

Sickness benefits/disability benefit as a result

Limited impairment through compensation of symptoms

high IQ

Adulthood (continuance)

Relationships and/or family

Tire quickly of relationships
Impulsivity commencing/ending relationships
Unequal partner relationship owing to symptoms
Relationship problems, lots of arguments, lack of intimacy
Divorced owing to symptoms
Problems with sexuality as a result of symptoms
Problems with upbringing as a result of symptoms
Difficulty with housekeeping and/or administration
Financial problems or gambling
Not daring to start a relationship
Other:

Free time / hobby

Unable to relax properly during free time
Having to play lots of sports in order to relax
Injuries as a result of excessive sport
Unable to finish a book or watch a film all the way through
Being continually busy and therefore becoming overtired
Tire quickly of hobbies
Accidents/loss of driving licence as a result of reckless driving behaviour
Sensation seeking and/or taking too many risks
Contract with the police/the courts
Binge eating
Other:

Social contacts

Tire quickly of relationships
Difficulty maintaining social contacts
Conflicts as a result of communication problems
Difficulty initiating social contacts
Low self-assertiveness as a result of negative experiences
Not being attentive (i.e. forget to send a card/ empathising/phoning, etc)
Other:

Self-confidence / self-image

Uncertainty through negative comments of others
Negative self-image due to experience of failure
Fear of failure in terms of starting new things
Excessive intense reaction to criticism
Perfectionism
Distressed by the symptoms of ADHD
Other:

Childhood and adolescence

Education

Lower educational level than expected based on IQ

Staying back (repeating classes) as a result of concentration problems

Education not completed / rejected from school

Took much longer to complete education than usual

Achieved education suited to IQ with a lot of effort

Difficulty doing homework

Followed special education on account of symptoms

Comments from teachers about behaviour or concentration

Limited impairment through compensation of high IQ

Limited impairment through compensation of external structure

Other:

Social contacts

Difficulty maintaining social contacts

Conflicts as a result of communication problems

Difficulty entering into social contacts

Low self-assertiveness as a result of negative experiences

Few friends

Being teased

Shut out by, or not being allowed, to do things with a group

Being a bully

Other:

Family

Frequent arguments with brothers or sisters

Frequent punishment or hiding

Little contact with family on account of conflicts

Required structure from parents for a longer period than would normally be the case

Other:

Free time/hobby

Unable to relax properly during free time

Having to play lots of sport to be able to relax

Injuries as a result of excessive sport

Unable to finish a book or watch a film all the way through

Being continually busy and therefore becoming overtired

Tired quickly of hobbies

Sensation seeking and/or taking too many risks

Contact with the police/courts

Increased number of accidents

Other:

Childhood and adolescence (continuance)

Self-confidence / self-image

Uncertainty through negative comments of others

Negative self-image due to experiences of failure

Fear of failure in terms of starting new things

Excessive intense reaction to criticism

Perfectionism

Other:

Adulthood: Evidence of impairment in two or more areas?

Yes No

Childhood: Evidence of impairment in two or more areas?

Yes No

End of the interview. Please continue with the summary.

Potential details: