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

<table>
<thead>
<tr>
<th>Patient Name</th>
<th>Today's Date</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
</table>

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.

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? [ ] [ ] [ ] [ ] [ ]

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? [ ] [ ] [ ] [ ] [ ]

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**Part A**

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**Part B**