

# ASRS-5: Adult ADHD Self-Report Scale

## Instructions

This self-assessment is designed to help identify symptoms of ADHD in adults.

Please answer the questions below, rating yourself on each of the criteria shown. As you answer each question, select the box that best describes how you have felt and conducted yourself over the past 6 months.

|   |                                                                                                                                                                | Never | Rarely | Sometimes | Often | Very Often |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|--------|-----------|-------|------------|
| 1 | 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          |
| 2 | 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          |
| 3 | How often do you have difficulty unwinding and relaxing when you have time to yourself?                                                                        | 0     | 1      | 2         | 3     | 4          |
| 4 | 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          |
| 5 | How often do you put things off until the last minute?                                                                                                         | 0     | 1      | 2         | 3     | 4          |
| 6 | How often do you depend on others to keep your life in order and attend to details?                                                                            | 0     | 1      | 2         | 3     | 4          |

**Total Score:**