

## Adult Self- Report Scale

Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to you healthcare professional during your next appointment during your next appointment to discuss the results.

	Never	Rarely	Sometimes	Often	Very Often
<b>1.</b> How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?					
<b>2.</b> How often do you have difficulty getting things in order when you have to do a task that requires organization?					
<b>3.</b> How often do you have problems remembering appointments or obligations?					
<b>4.</b> When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
<b>5.</b> How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
<b>6.</b> How often do you feel overly active and compelled to do things, like you were driven by a motor?					

### Ho to Score:

Add the number of checkmarks that appear in the darkly shaded area. Four (4) or more checkmarks indicate that your symptoms may be consistent with Adult ADHD. It may be beneficial for you to talk with you healthcare provider about an evaluation.