

Do you have ADHD?

The questions below may help you find out.

Many adults have been living with Attention-Deficit/Hyperactivity Disorder (ADHD) and don't recognize it. If you've had persistent symptoms of inattention, hyperactivity and impulsivity, you may have ADHD - a disorder your doctor can help diagnose and treat.

The following questionnaire can be used as a starting point to help you recognize the signs /symptoms of ADHD, but is not meant to replace consultation with a trained health care professional. **An accurate diagnosis can only be made through a clinical evaluation.** Regardless of the questionnaire results, if you have concerns about diagnosis and treatment of ADHD, please discuss your concerns with your physician.

This Adult Self-Report Scale-VI.I (ASRS-VI.I) Screener is intended for people aged 18 or older.

Adult Self-Report Scale-VI.I

(ASRS-VI.I) Screener

from WHO Composite International Diagnostic Interview

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Date					
	Never	Rarely	Sometimes	Often	Very Often
<i>Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.</i>					
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?					

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 your healthcare provider about an evaluation

The 6- question Adult Self-Report Scale-Version I.I (ASRS-VI.I) Screener is a subset of the WHO's 18-question Adult Self-Report Scale-Version I.I (ASRS-VI.I) Symptom Checklist.

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What Do I Do Next?

Regardless of the questionnaire results, if you have concerns about diagnosis and treatment of ADHD, please discuss your concerns with your physician. **An accurate diagnosis can be made only through a clinical evaluation.**

We also encourage you to visit www.ADHDsupport.com to learn more about living with ADHD.

