



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

The Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist was developed in conjunction with the World Health Organization (WHO), and the Workgroup on Adult ADHD that included highly respected psychiatrists and researchers.

This is a screening tool, not a diagnostic one. However, scores have a significant correlation to the probability of an actual clinician diagnosis of attention-deficit/hyperactivity disorder (ADD or ADHD, used interchangeably).

The Value of ADHD Screening for Adults

While often considered a disorder of childhood, the symptoms of ADHD can persist into adulthood, having a significant impact on relationships, careers and even self-respect. **Because this disorder is often misunderstood, many people who have it do not receive appropriate treatment and, as a result, may never reach their full potential.** Part of the problem is that it can be difficult to diagnose, particularly in adults.

Questions in the ASRS v1.1 are consistent with DSM-IV criteria and address the manifestations of ADHD symptoms in adults, and the importance that the DSM-IV places on symptoms, impairments, and history for a correct diagnosis. Insights gained through this screening may suggest the need for a more in-depth clinician assessment.

Instructions

- 1. Complete both Part A and Part B** of the Symptom Checklist by marking an X in the box that most closely represents the frequency of occurrence of each of the symptoms.
- 2. Score Part A.** These are the symptoms found to be the most predictive of an ADHD diagnosis. If four or more marks appear in the darkly shaded boxes, then you have symptoms highly consistent with ADHD in adults and further investigation is warranted.
- 3. The frequency scores on Part B provide additional cues.** Symptom frequency is often associated with symptom severity, therefore the Symptom Checklist may also aid in assessing the extent of impairments. Consider work/school, social and family settings. If symptoms are frequent, consider how these problems have affected your ability to work, take care of things at home, or get along with other people such as your spouse/significant other.
- 4. Have you had these or similar symptoms since childhood?** Adults who have ADHD need not have been formally diagnosed in childhood, but will have evidence of early-appearing and long-standing problems with attention or self-control. Some significant symptoms should have been present in childhood, but full symptomology is not necessary.

Your Next Step

If your scores warrant it, consider getting a formal diagnosis from a clinician (psychiatrist, neurologist, neuropsychologist, etc.) who is experienced with ADHD in adults.

If you want to be better informed about ADHD, there are many excellent books, videos and audios available.

If you want personalized education or help in learning strategies to compensate for your ADHD symptoms, speak to me about individual or group coaching. I've worked with ADD/ADHD as a speaker, writer, productivity coach and professional organizer for more than 20 years. I've raised a child with ADHD and struggle with my own ADD, so I 'get it.'

Contact me for a free Strategy Session. See how Coaching can help you
Transform the Way You Think, Work and Live!

Susan Karyn Lasky, MA, SCAC
Master ADHD Strategist,
Organization & Productivity Coach

Senior Certified ADHD Coach • Edge-Certified Student Coach
Level II Specialist in Chronic Disorganization • Time Mastery Consultant
Trained Organizer-Coach™ • Certified Productive Environment Specialist™
Golden Circle Member, National Association of Professional Organizers (NAPO)

Susan Lasky Organizing &
Productivity Solutions

914.373.4787

Susan@SusanLasky.com

www.SusanLasky.com