

Many adults have been living with **Adult Attention-Deficit/Hyperactivity Disorder (adult ADHD)** and don't recognize it. Why? Because the symptoms are often mistaken for a stressful life. If you have ever felt this type of frustration in your life, you may have adult ADHD- a condition your doctor can diagnose and treat.

The following questionnaire can be used as a starting point to help you recognize the signs/symptoms of adult ADHD but it is not meant to replace consultation with a clinical evaluation. Regardless of the questionnaire results, if you have concerns about diagnosis and treatment of adult ADHD, please discuss your concerns with your physician.

**This adult self-report scale VI.I (ASRS-VI.I) screener is intended for people 18 years of age or older.**

Date: \_\_\_\_\_

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

1. How often do you have trouble rapping 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, do you often 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 as if you were driven by a motor?

Never	Rarely	Some-times	Often	Very Often