

## ADHD screener

	Never	Rarely	Sometimes	Often	Very often
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 set 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 check marks that appear in the 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 six question Adult Self-Report Scale – Version 1.1 (ASRS-V1.1) Screener is a subset of the WHO's 18-question Adult ADHD Self-Report Scale – Version 1.1 (Adult ASRS-V1.1) Symptom Checklist.