**ASRS-vI.I**

Please answer the following questions, rating yourself on each of the criteria shown, using the following scale to best describe how you have felt and conducted yourself over the past 6 months:

**1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = very often**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never  1 | Rarely  2 | Sometimes  3 | Often  4 | Very Often  5 |
| 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 difficultly 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? |  |  |  |  |  |
| **Part A** | | | | | |
| 7. How often do you make careless mistakes when you have to work on a boring or difficult project? |  |  |  |  |  |
| 8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work? |  |  |  |  |  |
| 9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly? |  |  |  |  |  |
| 10. How often do you misplace or have difficulty finding things at home or at work? |  |  |  |  |  |
| 11. How often are you distracted by activity or noise around you? |  |  |  |  |  |
| 12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated? |  |  |  |  |  |
| 13. How often do you feel restless or fidgety? |  |  |  |  |  |
| 14. How often do you have difficulty unwinding and relaxing when you have time to yourself? |  |  |  |  |  |
| 15. How often do you find yourself talking too much when you are in social situations? |  |  |  |  |  |
| 16. When you’re in a conversation, how often do you find yourself finishing sentences of the people you are talking to, before they can finish them themselves? |  |  |  |  |  |
| 17. How often do you have difficulty waiting your turn in situations when turn taking is required? |  |  |  |  |  |
| 18. How often do you interrupt others when they are busy? |  |  |  |  |  |
| **Part B** | | | | | |