

Adult ADHD Self-Report Scale (ASRS)

The ASRS is a self-report screening questionnaire for attention-deficit/hyperactivity disorder (ADHD) in adults, built on the DSM-IV Criterion A symptoms. Its Part A, made up of the questions most predictive of the diagnosis, indicates whether a fuller evaluation is warranted, and the full set of answers yields three subscores (inattention, motor hyperactivity-impulsivity, verbal hyperactivity-impulsivity).

Number of questions	18 questions
Estimated duration	4 minutes
Language	English
Original name	Adult ADHD Self-Report Scale
Target audience	Adults
Authors	WHO, Workgroup on Adult ADHD (2005)
Category	ADHD

Preview of the 18 questions

Over the past 6 months:

How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?

Never | Rarely | Sometimes | Often | Very often

Over the past 6 months:

How often do you have difficulty getting things in order when you have to do a task that requires organization?

Never | Rarely | Sometimes | Often | Very often

Over the past 6 months:

How often do you have problems remembering appointments or obligations?

Never | Rarely | Sometimes | Often | Very often

Over the past 6 months:

When you have a task that requires a lot of thought, how often do you avoid or delay getting started?

Never | Rarely | Sometimes | Often | Very often

Over the past 6 months:

How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?

Never | Rarely | Sometimes | Often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is answered on a frequency scale: **Never, Rarely, Sometimes, Often, Very Often**. Depending on the item, the symptom is counted as **present (1)** from “Sometimes” or only from “Often” (official ASRS thresholds), otherwise **absent (0)**. The test sums these items (0 to 18).

Part A: screening (6 items) This is the validated part of the ASRS. A score **≥ 4 out of 6** points toward ADHD and warrants an in-depth clinical evaluation.

Part B (12 items) Additional symptoms, **with no interpretive cutoff**: they serve as leads to explore during the interview, not as a score to compute.

Subscales by domain (spread across all 18 items)

- Inattention (0—9)
- Hyperactivity / motor impulsivity (0—5)
- Hyperactivity / verbal impulsivity (0—4)

A higher score reflects more frequent symptoms. The result is a **screening, not a diagnosis**.

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“I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

 Romane L. - Online CBT Psychologist