

Conners' Adult ADHD Rating Scales (CAARS-2)

The CAARS-2 is a standardized assessment tool designed to measure ADHD symptoms in adults according to DSM-5 criteria. It includes self-report and observer-report questionnaires, available in short or full formats, allowing for quick screening or in-depth analysis. The test provides norm-referenced scores, helps identify clinical profiles, and includes validity indices to strengthen interpretation. It fits easily into a clinical assessment or psychotherapeutic follow-up process.

Number of questions	66 questions
Estimated duration	30 minutes
Language	English
Original name	Conners' Adult ADHD Rating Scales
Target audience	Adults
Authors	C. Keith Conners, David Erhardt, Elizabeth Sparrow (1999)
Category	ADHD

Preview of the 66 questions

I like doing activities and staying active.

Never | Sometimes | Often | Very often

I lose things I need for my activities (keys, papers, pens, etc.).

Never | Sometimes | Often | Very often

I have trouble planning ahead.

Never | Sometimes | Often | Very often

I speak or answer too quickly, without thinking.

Never | Sometimes | Often | Very often

I often take risks or throw myself into dangerous situations.

Never | Sometimes | Often | Very often

Scoring & interpretation

Each item is rated on a Likert scale. Scores are interpreted based on adult population norms, and subscales help assess different facets of ADHD: hyperactivity, impulsivity, attention problems, etc.

Usage

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