

DSM-5 ADHD RATING SCALE

Please have a spouse or good friend complete this rating scale about you.

NAME OF SPOUSE OR FRIEND _____
COMPLETING FORM

TODAY'S DATE _____

**CIRCLE THE NUMBER THAT BEST DESCRIBES YOUR SPOUSE'S / FRIEND'S BEHAVIOR
OVER THE PAST 6 MONTHS.**

HOW OFTEN DOES YOUR SPOUSE/FRIEND...	<u>Never or rarely</u>	<u>Sometimes</u>	<u>Often</u>	<u>Very Often</u>
1. Fail to give close attention to details or make careless mistakes in schoolwork, at work, or during other activities (e.g., overlook or miss details; work is inaccurate)	0	1	2	3
2. Fidget with or tap hands or feet or squirm in seat	0	1	2	3
3. Have difficulty sustaining attention in tasks or leisure activities (e.g., remaining focused during lectures, conversations, or lengthy reading)	0	1	2	3
4. Leave seat in situations when remaining seated is expected	0	1	2	3
5. Not seem to listen when spoken to directly (e.g., mind seems elsewhere, even in the absence of any obvious distraction)	0	1	2	3
6. Feel restless	0	1	2	3
7. Not follow through on instructions and fail to finish school work, chores, or duties in the workplace (e.g., starts tasks but quickly loses focus; is easily sidetracked)	0	1	2	3
8. Have difficulty engaging in leisure activities quietly	0	1	2	3
9. Have difficulty organizing tasks and activities (e.g., managing sequential tasks; keeping materials/belongings in order; messy, disorganized work; poor time management; missed deadlines)	0	1	2	3
10. Seem "on the go" or acting as if "driven by a motor" (e.g., unable or uncomfortable being still for extended time in restaurants, meetings; seems restless; is difficult to keep up with)	0	1	2	3
11. Avoid, dislike, or is reluctant to engage in tasks that require sustained mental effort (e.g., preparing reports; completing forms; reviewing lengthy papers)	0	1	2	3
12. Talk excessively	0	1	2	3
13. Lose things necessary for tasks or activities (e.g., tools, wallet, keys, paperwork, eyeglasses, mobile telephone)	0	1	2	3
14. Blurt out an answer before a question has been completed (e.g., completes people's sentences; cannot wait for turn in conversation)	0	1	2	3
15. Become easily distracted by extraneous stimuli and / or unrelated thoughts	0	1	2	3
16. Have difficulty waiting his/her turn (e.g., while waiting in line)	0	1	2	3
17. Become forgetful in daily activities (e.g., doing chores, running errands, returning calls, paying bills, keeping appointments)	0	1	2	3
18. Interrupt or intrude on others (e.g., butt into conversations or activities; intrude into or take over whatever others are doing)	0	1	2	3

DSM-5 ADHD RATING SCALE
Please complete this rating scale about yourself.

YOUR NAME _____ AGE _____ TODAY'S DATE _____

CIRCLE THE NUMBER THAT BEST DESCRIBES YOUR BEHAVIOR OVER THE PAST 6 MONTHS.

HOW OFTEN DO YOU...
Never or rarely Sometimes Often Very Often

1. Fail to give close attention to details or make careless mistakes in schoolwork, at work, or during other activities (e.g., overlook or miss details; work is inaccurate)	0	1	2	3
2. Fidget with or tap your hands or feet or squirm in your seat	0	1	2	3
3. Have difficulty sustaining attention in tasks or leisure activities (e.g., remaining focused during lectures, conversations, or lengthy reading)	0	1	2	3
4. Leave your seat in situations when remaining seated is expected	0	1	2	3
5. Not seem to listen when spoken to directly (e.g., mind seems elsewhere, even in the absence of any obvious distraction)	0	1	2	3
6. Feel restless	0	1	2	3
7. Not follow through on instructions and fail to finish school work, chores, or duties in the workplace (e.g., you start tasks but quickly lose focus; easily sidetracked)	0	1	2	3
8. Find yourself unable to engage in leisure activities quietly	0	1	2	3
9. Have difficulty organizing tasks and activities (e.g., managing sequential tasks; keeping materials/belongings in order; messy, disorganized work; poor time management; missed deadlines)	0	1	2	3
10. Find yourself "on the go" or acting as if "driven by a motor" (e.g., unable or uncomfortable being still for extended time in restaurants, meetings; others see you as difficult to keep up with)	0	1	2	3
11. Avoid, dislike, or are reluctant to engage in tasks that require sustained mental effort (e.g., preparing reports; completing lengthy papers)	0	1	2	3
12. Talk excessively	0	1	2	3
13. Lose things necessary for tasks or activities (e.g., tools, wallet, keys, paperwork, eyeglasses, mobile telephone)	0	1	2	3
14. Blur out an answer before a question has been completed (e.g., complete people's sentences; cannot wait for turn in conversation)	0	1	2	3
15. Become easily distracted by extraneous stimuli and / or unrelated thoughts	0	1	2	3
16. Have difficulty waiting your turn (e.g., while waiting in line)	0	1	2	3
17. Become forgetful in daily activities (e.g., doing chores, running errands, returning calls, paying bills, keeping appointments)	0	1	2	3
18. Interrupt or intrude on others (e.g., butt into conversations or activities; intrude into or take over whatever others are doing)	0	1	2	3

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