

ASRS-V5

Adult ADHD Self-Report Screening Scale for DSM-5 (ASRS V5)

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| Patient Full Name: | |
| D.O.B: | |
| NHS Number/Client ID: | |
| Date of completion: | |

A self-report screening scale to assess possible ADHD symptoms intended for people aged 18 and older. Identifying experiences of the patient in the last six months.

Instructions:

Ask the patient to complete all six questions by marking an X in the box that most closely represents the frequency of occurrence of each of the symptoms in the last six months.

| | | Never (0) | Rarely (1) | Some times (2) | Often (3) | Very often (4) |
|---|--|--------------|---------------|----------------------|--------------|----------------------|
| 1 | How often do you have difficulty concentrating on what people are saying to you even when they are speaking to you? | | | | | |
| 2 | How often do you leave your seat in meetings or other situations in which you are expected to remain seated? | | | | | |
| 3 | How often do you have difficulty unwinding and relaxing when you have time to yourself? | | | | | |
| 4 | When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to before they can finish them themselves? | | | | | |
| 5 | How often do you put things off until the last minute? | | | | | |
| 6 | How often do you depend on others to keep your life in order and attend to details? | | | | | |

Reference:

Adult ADHD Self-Report Screening Scale for DSM-5 (ASRS-5) © New York University and President and Fellows of Harvard College from Composite International Diagnostic Interview for DSM-5 (CIDI-5.0)

Ustun, B., Adler, L.A., Rudin, C., Faraone, S.V., Spencer, T.J., Berglund, P., Gruber, M.J., Kessler, R.C. (2017). The World Health Organization Adult Attention-Deficit/Hyperactivity Disorder Self-Report Screening Scale for DSM-5. JAMA Psychiatry, 74(5), 520-526.