

Here's an outcome measure for adult ADHD symptoms:

Adult ADHD Self-Report Scale (ASRS-v1.1)

Instructions: Below are some questions about problems you may have in your daily life. Please read each question carefully and answer every question. If you have had the problem in the past six months, rate how often you have experienced it using the scale provided.

Scale:

0 = Never

1 = Rarely

2 = Sometimes

3 = Often

1. How often do you have difficulty concentrating on what people say to you, even when they are speaking directly to you?
2. How often do you fail to give close attention to details or make careless mistakes in things such as schoolwork, at work, or during other activities?
3. How often do you have difficulty sustaining attention in tasks or leisure activities?
4. How often do you seem to not listen when spoken to directly?
5. How often do you fail to follow through on instructions, failing to finish school work, chores, or duties in the workplace?
6. How often do you have difficulty organizing tasks and activities, such as keeping track of appointments, deadlines, or personal belongings?
7. How often do you avoid, dislike, or are reluctant to engage in tasks that require sustained mental effort, such as schoolwork, office work, or paperwork?
8. How often do you lose things necessary for tasks or activities, such as school supplies, paperwork, keys, wallet, or phone?
9. How often do you forget to do things you do all the time, such as missing appointments or paying bills?
10. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?

Scoring: Add up the score for each item to obtain a total score. The total score ranges from 0 to 30. A higher score indicates a greater severity of ADHD symptoms.