

Mathers Clinic Adult ADHD-RS-IV For Adults

The ADHD-RS-IV with Adults Prompts is an 18-item scale based on the *DSM-IV-TR** criteria for ADHD that provides a rating of the severity of symptoms. The adult prompts serve as a guide to explore more fully the extent and severity of ADHD symptoms and create a framework to ascertain impairment.

The first 9 items assess inattentive symptoms and the last 9 items assess hyperactive-impulsive symptoms. Scoring is based on a 4-point Likert-type severity scale: 0 = none, 1 = mild, 2 = moderate, 3 = severe. Clinicians should score the highest score that is generated for the prompts for each item.

Example: if one prompt generates a “2” and all others are a “1,” by convention, the rating for that item is still a “2.” Significant symptoms in clinical trials are generally considered at least a “2” - moderate.

1. Carelessness

Do you make a lot of mistakes (in school or work)?
Is this because you are careless?
Do you rush through work or activities?
Do you have trouble with detailed work?
Do you not check your work?
Do people complain that you're careless?
Are you messy or sloppy?
Is your desk or workspace so messy that you have difficulty finding things?

None	Mild	Moderate	Severe
0	1	2	3

2. Difficulty Sustaining Attention In Activities

Do you have trouble paying attention when watching, movies, reading or attending lectures?
Or on fun activities such as sports or board games?
Is it hard for you to keep your mind on school or work?
Do you have unusual trouble staying focused on boring or repetitive tasks?
Does it take a lot longer than it should to complete tasks because you can't keep your mind on the task?
It is even harder for you than some others you know?
Do you have trouble remembering what you read and do you need to re-read the same passage several times?

None	Mild	Moderate	Severe
0	1	2	3

3. Doesn't Listen

Do people (spouse, boss, colleagues, friends, etc), complain that you don't seem to listen or respond (daydream) when spoken to or when asked to do tasks? This happens a lot?
Do people have to repeat directions?
Do you find that you miss the key parts of conversations because of drifting off in your own thoughts?
Does it cause problems?

None	Mild	Moderate	Severe
0	1	2	3

4. No Follow Through

Do you have trouble finishing things (such as work or chores)?
Do you often leave things half done and start another project?
Do you need consequences (such as deadlines) to finish?
Do you have trouble following instructions (especially complex, multi-step instructions that have to be done in a certain order with different steps)?
Do you need to write down instructions, otherwise you will forget them?

None	Mild	Moderate	Severe
0	1	2	3

5. Can't Organize

Do you have trouble organizing tasks into ordered steps?
Is it hard prioritizing work and chores?
Do you need others to plan for you?
Do you have trouble with time management? Does it cause problems for you? For others?
Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible?

None	Mild	Moderate	Severe
0	1	2	3

6. Avoids/Dislikes Tasks Requiring Sustained Mental Effort

Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay focused on these things for a long time?
Do you have to force yourself to do these tasks?
How hard is it for you to force yourself to do these tasks?
Do you procrastinate and put off tasks until the last possible moment?

None	Mild	Moderate	Severe
0	1	2	3

7. Loses Important Items

Do you lose things (ie: important work papers, keys, wallet, coats, etc.)? A lot? More than others?
Are you constantly looking for important items?
Do you get into trouble for this (at work or at home)?
Do you need to put items (ie: glasses, wallet, keys, etc.) in the same place each time, otherwise you will lose them

None	Mild	Moderate	Severe
0	1	2	3

8. Easily Distracted

Are you every very easily distracted by events around you such as noise (conversation, tv, radio, etc.), movement or clutter?
Do you need relative isolation to get work done?
Can almost anything get your mind off of what you are doing, such as work, chores, or if you're talking to someone?
Is it hard to get back to a task once you stop?

None	Mild	Moderate	Severe
0	1	2	3

9. Forgetful In Daily Activities

Do you forget a lot of things in your daily routine? Like what? Chores? Work? Appointments or obligations?
Do you forget to bring things to work, such as work materials, or assignments due that day?
Do you need to write regular reminders to yourself to do most activities or tasks, otherwise you will forget?

None	Mild	Moderate	Severe
0	1	2	3



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10. Squirm & Fidgets

Can you sit still or are you always moving your hands or feet, or fidgeting in your chair?
 Do you tap your pencil or your feet? A lot? Do people notice?
 Do you regularly play with your hair or clothing?
 Do you consciously resist fidgeting or squirming?

None	Mild	Moderate	Severe
0	1	2	3

11. Can't Stay Seated

Do you have trouble staying in your seat? While at work? In class? At home (ie: watching tv, eating dinner)? In church or temple?
 Do you choose to walk around rather than to sit?
 Do you have to force yourself to remain seated?
 Is it difficult for you to sit through a long meeting or lecture?
 Do you try to avoid going to functions that require you to sit still for long periods of time?

None	Mild	Moderate	Severe
0	1	2	3

12. Runs/Climbs Excessively

Are you physically restless?
 Do you feel restless inside? A lot?
 Do you feel more agitated when you cannot exercise on an almost daily basis?

None	Mild	Moderate	Severe
0	1	2	3

13. Can't Play/Work Quietly

Do you have a hard time playing/working quietly?
 During leisure activity (nonstructured times or on your own such as reading a book, listening to music, playing a board game), are you agitated or dysphoric (uneasy)?
 Do you always need to be busy after work or while on vacation?

None	Mild	Moderate	Severe
0	1	2	3

14. On The Go, "Driven By A Motor"

Is it hard for you to slow down?
 Do you feel like you (often_ have a lot of energy and that you always have to be moving, are always "on the go"?
 Do you feel like you are driven by a motor?
 Do you feel unable to relax?

None	Mild	Moderate	Severe
0	1	2	3

15. Talks Excessively

Do you talk a lot? All of the time? More than other people?
 Do people complain about your talking? Is it a problem?
 Are you often louder than the people you are talking to?

None	Mild	Moderate	Severe
0	1	2	3

16. Blurts Out Answers

Do you give answers to questions before someone finishes asking?
 Do you say things before it is your turn?
 Do you say things that don't fit the conversation?
 Do you do things without thinking? A lot? All of the time?

None	Mild	Moderate	Severe
0	1	2	3

17. Can't Wait For Turn

Is it hard for you to wait your turn (in conversation, in lines, while driving, etc.)?
 Are you frequently frustrated with delays? Does it cause problems?
 Do you put a great deal of effort into planning to not be in situations where you might have to wait?

None	Mild	Moderate	Severe
0	1	2	3

18. Intrudes/Interrupts Others

Do you talk when others are talking, without waiting until you are acknowledged?
 Do you butt into others' conversations before being invited?
 Do you interrupt others' activities?
 Is it hard for you to wait to get your point across in conversations or at meetings?

None	Mild	Moderate	Severe
0	1	2	3