

Adult ADHD Rating Scale

Adult's	Name	Age			
Compl	eted by				
Circle the number in the one column which best describes the patient.					
		Not at all	Just a little	Pretty much	Very much
1.	Often fidgets or squirms in seat.	0	1	2	3 🔾
2.	Has difficulty remaining seat.	0		2	3 🔘
3.	Is easily distracted.	0	1	2	3 🔘
4.	Has difficulty following instructions.	0 🔾	1	2 🔘	3 🔘
5.	Has difficulty sustaining attention to task.	0 🔘	1	2 🔘	3 🔘
6.	Often shifts from one uncompleted activity to another.	0 🔘	1	2 🔘	3 🔘
7.	Often talks excessively.	0 🔾	1	2 🔘	3 🔘
8.	Often interrupts or intrudes on others.	0 🔾	1	2 🔘	3 🔘
9.	Often does not seem to listen.	0 🔾	1	2 🔘	3 🔘
10.	Often loses things necessary for tasks.	0 🔘	1	2 🔘	3 🔘
11.	Often engages in physically dangerous activities without considering consequences.	0 🔾	1	2 🔘	3 🔾

Note. Adapted from The ADHD Rating Scale: Normative Date, Reliability, and Validity by G. J. DuPaul, 1990, unpublished manuscript, University of Massachusetts Medical Center, Worcester. Reprinted by permission of the author. This form may be reproduced for personal use.