

Adult ADHD-RS-IV* with Adult Prompts†

| | None | Mild | Moderate | Severe | | None | Mild | Moderate | Severe |
|---|----------|----------|----------|----------|--|----------|----------|----------|----------|
| 10. Squirms and fidgets | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| 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? | | | | | | | | | |
| 11. Can't stay seated | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| Do you have trouble staying in your seat? At work? | | | | | | | | | |
| In class? At home (eg, watching TV, eating dinner)? | | | | | | | | | |
| In church or temple? | | | | | | | | | |
| Do you choose to walk around rather than 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? | | | | | | | | | |
| 12. Runs/climbs excessively | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| 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? | | | | | | | | | |
| 13. Can't play/work quietly | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| 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? | | | | | | | | | |
| Do you always need to be busy after work or while on vacation? | | | | | | | | | |
| 14. On the go, "driven by a motor" | 0 | 1 | 2 | 3 | | 0 | 1 | 2 | 3 |
| 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're driven by a motor? | | | | | | | | | |
| Do you feel unable to relax? | | | | | | | | | |
| 15. Talks excessively | | | | | | 0 | 1 | 2 | 3 |
| Do you talk a lot? All 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? | | | | | | | | | |
| 16. Blurts out answers | | | | | | 0 | 1 | 2 | 3 |
| 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 into the conversation? | | | | | | | | | |
| Do you do things without thinking? A lot? | | | | | | | | | |
| 17. Can't wait for turn | | | | | | 0 | 1 | 2 | 3 |
| Is it hard for you to wait your turn (in conversation, in lines, while driving)? | | | | | | | | | |
| 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? | | | | | | | | | |
| 18. Intrudes/interrupts others | | | | | | 0 | 1 | 2 | 3 |
| 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? | | | | | | | | | |

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