



# Adult ADHD-RS-IV\* with Adult Prompts†

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
<b>10. Squirms and fidgets</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>15. Talks excessively</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Can you sit still or are you always moving your hands or feet, or fidgeting in your chair?					Do you talk a lot? All the time? More than other people?				
Do you tap your pencil or your feet? A lot?					Do people complain about your talking? Is it a problem?				
Do people notice?					Are you often louder than the people you are talking to?				
Do you regularly play with your hair or clothing?					<b>16. Blurts out answers</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Do you consciously resist fidgeting or squirming?					Do you give answers to questions before someone finishes asking?				
<b>11. Can't stay seated</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	Do you say things before it is your turn?				
Do you have trouble staying in your seat? At work?					Do you say things that don't fit into the conversation?				
In class? At home (eg, watching TV, eating dinner)?					Do you do things without thinking? A lot?				
In church or temple?					<b>17. Can't wait for turn</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Do you choose to walk around rather than sit?					Is it hard for you to wait your turn (in conversation, in lines, while driving)?				
Do you have to force yourself to remain seated?					Are you frequently frustrated with delays? Does it cause problems?				
Is it difficult for you to sit through a long meeting or lecture?					Do you put a great deal of effort into planning to not be in situations where you might have to wait?				
Do you try to avoid going to functions that require you to sit still for long periods of time?					<b>18. Intrudes/interrupts others</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>12. Runs/climbs excessively</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	Do you talk when others are talking, without waiting until you are acknowledged?				
Are you physically restless?					Do you butt into others' conversations before being invited?				
Do you feel restless inside? A lot?					Do you interrupt others' activities?				
Do you feel more agitated when you cannot exercise on an almost daily basis?					Is it hard for you to wait to get your point across in conversations or at meetings?				
<b>13. Can't play/work quietly</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>14. On the go, "driven by a motor"</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Do you have a hard time playing/working quietly?					Is it hard for you to slow down?				
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 feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"?				
Do you always need to be busy after work or while on vacation?					Do you feel like you're driven by a motor?				
					Do you feel unable to relax?				

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†Prompts developed by Lenard Adler, MD, Thomas Spencer, MD, and Joseph Biederman, MD.

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