



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

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
	0	1	2	3		0	1	2	3
<b>10. Squirms and fidgets</b>									
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?									
<b>11. Can't stay seated</b>									
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?									
<b>12. Runs/climbs excessively</b>									
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?									
<b>13. Can't play/work quietly</b>									
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?									
<b>14. On the go, "driven by a motor"</b>									
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?									
<b>15. Talks excessively</b>									
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?									
<b>16. Blurts out answers</b>									
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?									
<b>17. Can't wait for turn</b>									
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?									
<b>18. Intrudes/interrupts others</b>									
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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†Prompts developed by Lenard Adler, MD, Thomas Spencer, MD, and Joseph Biederman, MD.

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