Adult ADHD Self-Report Screening Scale for DSM-5 (ASRS-5)

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from Composite International Diagnostic Interview for DSM-5 (CIDI-5.0)
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September 2017

Please cite the article below, when using this scale:

Ustun, B., Adler, L.A., Rudin, C., Faraone, S.V., Spencer, T.J., Berglund, P., Gruber, M.J., Kessler, R.C. (2017). The World Health Organization Adult Attention-Deficit/Hyperactivity Disorder Self-Report Screening Scale for DSM-5. *JAMA Psychiatry*, 74(5), 520-526.

Are you living with Adult ADHD?

The questions below can help you find out.

Many adults have been living with Adult Attention-Deficit/Hyperactivity Disorder (Adult ADHD) and don't recognize it. Why? Because its symptoms are often mistaken for a stressful life. If you've felt this type of frustration most of your life, you may have Adult ADHD – a condition your doctor can help diagnose and treat.

The following questionnaire can be used as a starting point to help you recognize the signs/symptoms of Adult ADHD but is not meant to replace consultation with a trained healthcare professional. **An accurate diagnosis can only be made through a clinical evaluation.** Regardless of the questionnaire results, if you have concerns about diagnosis and treatment of Adult ADHD, please discuss your concerns with your physician.

This Adult ADHD Self-Report Screening Scale for DSM-5 (ASRS-5) is intended for people aged 18 years or older.

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Date

Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.

- 1. How often do you have difficulty concentrating on what people are saying to you even when they are speaking to you directly?
- 2. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?
- 3. How often do you have difficulty unwinding and relaxing when you have time to yourself?
- 4. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to before they can finish them themselves?
- 5. How often do you put things off until the last minute?
- 6. How often do you depend on others to keep your life in order and attend to details?

Never	Rarely	Sometimes	Often	Very Often

ADHD-ASRS v1.1

The Adult ADHD Self-Report Scale (ASRS v1.1) and scoring system were developed in conjunction with the World Health Organization (WHO) and the Workgroup on Adult ADHD to help healthcare professionals to screen their patients for adult ADHD. Insights gained through this screening may suggest the need for a more in-depth clinician interview. The questions in the ASRS v1.1 are consistent with DSM-IV criteria and address the manifestations of ADHD symptoms in adults. The content of the questionnaire also reflects the importance that DSM-IV places on symptoms, impairments, and history for a correct diagnosis. For additional details on the ADHD-ASRS v1.1, please visit: http://www.hcp.med.harvard.edu/ncs/asrs.php

Updates based on the DSM-5 version of the screening scale

The above updates were made based on the Ustun et al. 2017 work to develop a DSM-5 version of the ASRS screening scale:

Ustun, B., Adler, L.A., Rudin, C., Faraone, S.V., Spencer, T.J., Berglund, P., Gruber, M.J., Kessler, R.C. (2017). The World Health Organization Adult Attention-Deficit/Hyperactivity Disorder Self-Report Screening Scale for DSM-5. *JAMA Psychiatry*, 74(5), 520-526. (https://www.ncbi.nlm.nih.gov/pubmed/28384801).

There are 2 options for scoring. First, you can use simple scoring (i.e., score each item in the range 0-4 and give everyone a summary score of 0-24) and use the resulting 0-24 continuous score as a predictor without having a clinical threshold. Anyone can do this without asking permission. This is the sort of approach that is used in the vast majority of other screening scales. You can combine this, if you wish, with the ASRS v1.1 Symptom Checklist

(https://med.nyu.edu/psych/sites/default/files/psych/psych_adhd_checklist_0.pdf) to obtain an 18 item DSM symptom inventory.

Second, you can contact Lenard Adler at NYU (<u>Lenard.Adler@nyumc.org</u>) to get permission to use the proprietary scoring rules for the DSM-5 version. If the intended use is for academic purposes and not part of an industry sponsored trial, there will be no charge for use of the scale but your institution will need to sign a use agreement prior to our sending the scoring instructions. This inter-institutional agreement is fairly standard. Requests for commercial uses of the screener will require a license, which can also be arranged by contacting Dr. Adler.