



ADHD Self-Screening Tool (ASRS-v1.1)

What this is

The World Health Organisation developed the Adult ADHD Self-Report Scale. It's a validated screening tool, not a diagnosis. It identifies patterns consistent with ADHD and gives you evidence to take to your GP.

What your score means

Part A score of 4-6: Symptoms highly consistent with ADHD. Further investigation warranted.

Part A score of 2-3: Inconclusive. Discuss with your GP if symptoms are affecting daily function.

Part A score of 0-1: Results don't suggest ADHD. If you're still struggling with sleep, emotional regulation, or alcohol use, the Dojo's courses address these foundations regardless of diagnosis.

Part B score: Not used for diagnosis. Shows additional patterns that provide context for your GP.

What to do next

Take this completed form to your GP. Be direct about seeking ADHD assessment and mention any significant life events that made symptoms more visible.

While you wait, visit <https://adhddojo.co.uk/> for courses on sleep, alcohol, and emotional regulation - the three areas that amplify ADHD symptoms most.

Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Name :			Date :					
Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months.			Never	Rarely	Sometimes	Often	Very Often	
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?								PART A
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?								
3. How often do you have problems remembering appointments or obligations?								
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?								
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?								
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?								
			Part A total score:					
7. How often do you make careless mistakes when you have to work on a boring or difficult project?								PART B
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?								
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?								
10. How often do you misplace or have difficulty finding things at home or at work?								
11. How often are you distracted by activity or noise around you?								
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?								
13. How often do you feel restless or fidgety?								
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?								
15. How often do you find yourself talking too much when you are in social situations?								
16. 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?								
17. How often do you have difficulty waiting your turn in situations when turn taking is required?								
18. How often do you interrupt others when they are busy?								
			Part B total score:					

each X in a shaded box
= 1 point



www.adhddojo.co.uk