

ADHD SRS	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 are over?					
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?					
Add the number of checkmarks in the darkly shaded area.					
Four or more checkmarks indicate that our symptoms may be consistent with ADHD.					
It may be beneficial for you to talk to your doctor about an evaluation.					