

## CAARS – Self-Report: Screening Version (ADHD)

**Instructions:** Listed below are items concerning behaviors or problems sometimes experienced by adults. Read each item carefully and decide how much or how frequently each item describes your recently. Indicate your response for each item by circling the number that corresponds to your choices.

Use the following scale: 0 = Not at all, never; 1 = Just a little, once in a while; 2 = Pretty much, often; and 3 = Very much, very frequently.

	Not at all, never	Just a little, once in a while	Pretty much, often	Very much, very frequently
1. I lose things necessary for tasks or activities (e.g., to-do lists, pencils, books, or tools).	0	1	2	3
2. I talk too much	0	1	2	3
3. I am always on the go as if driven by a motor.	0	1	2	3
4. I have trouble doing leisure activities quietly.	0	1	2	3
5. I have a short fuse/hot temper.	0	1	2	3
6. I leave my seat when I am not supposed to.	0	1	2	3
7. I still throw tantrums.	0	1	2	3
8. I have trouble waiting in line or taking turns with others.	0	1	2	3
9. I have trouble keeping my attention focused When working.	0	1	2	3
10. I avoid new challenges because I lack faith in my abilities.	0	1	2	3
11. I feel restless inside even if I am sitting still.	0	1	2	3
12. Things I hear or see distract me from what I'm doing.	0	1	2	3
13. I am forgetful in my daily activities.	0	1	2	3
14. I have trouble listening to what other people are saying.	0	1	2	3
15. I am an underachiever.	0	1	2	3
16. I am always on the go.	0	1	2	3
17. I can't get things done unless there's an absolute deadline.	0	1	2	3
18. I fidget (with my hands or feet) or squirm in my seat.	0	1	2	3
19. I make careless mistakes or have trouble paying close attention to detail.	0	1	2	3
20. I intrude on others' activities.	0	1	2	3
21. I don't like homework or job activities where I have to think a lot.	0	1	2	3
22. I am restless or overactive.	0	1	2	3
23. Sometimes my attention narrows so much that I'm oblivious to everything else; other times it's so broad that everything distracts me.	0	1	2	3
24. I can't keep my mind on something unless it's really interesting.	0	1	2	3
25. I give answers to questions before the questions have been completed.	0	1	2	3
26. I have trouble finishing job tasks or schoolwork.	0	1	2	3
27. I interrupt others when they are working or playing.	0	1	2	3

28. My past failures make it hard for me to believe in myself.	0	1	2	3
29. I am distracted when things are going on around me.	0	1	2	3
30. I have problems organizing my tasks and activities.	0	1	2	3