

# ADULT ADD SCALE

Name \_\_\_\_\_

Age \_\_\_\_\_

Date \_\_\_\_\_

Occupation \_\_\_\_\_

Highest Grade Completed \_\_\_\_\_

MR# \_\_\_\_\_

**INSTRUCTIONS;**

For each item below, please circle all symptoms or behaviors that have been present in the past six months

**TO BE COMPLETED BY PATIENT**

	Never	Once a Week or Less	Twice a Week	Almost Daily
1 Listens and tries to pay attention (e.g.in a meeting , lecture or conversation) but mind often drifts; misses out on desired information	0	1	2	3
2 Experiences excessive difficulty getting started on tasks (e.g., doing paperwork or contacting people)	0	1	2	3
3 Feels excessively stressed or overwhelmed by tasks that should be manageable (e.g.)"no way I can do all this now; this is way too much." though it really isn't all that bad	0	1	2	3
4 "Spaces out" involuntarily and frequently when doing required reading; keeps thinking of things that have nothing to do with is being read	0	1	2	3
5 Is easily sidetracked; starts a task then switches to doing something less important	0	1	2	3
6 Loses track in required reading of what has just been read needs to read it again; understands the words, but what was read "just doesn't stick"	0	1	2	3
7 Is easily forgetful about what has been said, done, or heard in the past twenty-four hours	0	1	2	3
8 Remembers some of the details in required reading but has difficulty grasping the main idea	0	1	2	3
9 Is easily frustrated and excessively impatient	0	1	2	3
10 Bogs down when presented with many things to do ; has difficulty setting priorities, getting organized, and then getting started	0	1	2	3
11 Procrastinates excessively; keeps putting things off: "I'll do it later", or "I'll do it tomorrow"	0	1	2	3
12 Feels sleepy or tired during the day, even after a decent sleep the night before	0	1	2	3
13 Is disorganized; has excessive difficulty keeping track of plans, money, or time.	0	1	2	3
14 Cannot complete tasks in the allotted time; needs extra time to finish satisfactorily	0	1	2	3
15 Intends to do things but forget (e.g.) turn off appliances, get things from store, return phone calls, keep appointments, pay bills, do assignments	0	1	2	3
16 Is criticized by self or others for being lazy	0	1	2	3

Never                      Once a Week or Less                      Twice a Week                      Almost Daily

17	Produces inconsistent quality of work; performance quite variable -- slacks off unless "pressure" is on	0	1	2	3
18	Is sensitive to criticism from others feels it deeply or for a long time; gets overly defensive	0	1	2	3
19	Tends to be slow to react or to get started; sluggish or sl Or slow-moving; doesn't jump right into things; slow to answer questions or to get ready to do something	0	1	2	3
20	Becomes irritated easily;; "short-fused" with sudden outbursts of anger	0	1	2	3
21	Is excessively rigid or is a perfectionist (has to get things just do , "picky, picky picky").	0	1	2	3
22	Receives criticism for not working up to potential (e.g. "could do so much better if only. . . Would try harder or work consistently")	0	1	2	3
23	Gets lost in daydreaming or is preoccupied with own thoughts	0	1	2	3
24	Has difficulty expressing anger appropriately to others; doesn't stand up for self.	0	1	2	3
25	"Runs out of steam" and doesn't follow through; effort fades quickly	0	1	2	3
26	Is easily distracted from tasks by background noises or activities; needs to check out whatever else is going on	0	1	2	3
27	Has a hard time waking up in the morning: finds it very difficult to get out of bed and to get going.	0	1	2	3
28	In writing, must repeatedly erase, scratch out, or start over because of minor mistakes.	0	1	2	3
29	Frequently feels discouraged, depressed, sad, or down	0	1	2	3
30	Tends to be a loner among peers, keeps to self, and is shy; doesn't associate much with friends of same age.	0	1	2	3
31	Appears apathetic or unmotivated (others think he/she doesn't care at all about his/her work	0	1	2	3
32	Stares off into space; seems "out of it."	0	1	2	3
33	Often leaves out words or letters in writing	0	1	2	3
34	Has sloppy, hard-to-read penmanship	0	1	2	3
35	Forgets to bring--or loses track of--needed items such as keys, pencils, bills, and paperwork (I know it's here someplace; I just can't find it right now. . . ")	0	1	2	3
36	Doesn't seem to be listening and gets complaints from c about it.	0	1	2	3
37	Needs to be reminded by others to get started or to keep working on tasks that need to be done.	0	1	2	3
38	Has difficulty (e.g., names, dates, information at work)	0	1	2	3
39	Misunderstands directions for assignments, completion of forms, etc etc.	0	1	2	3
40	Starts tasks (e.g., paperwork, chores) but doesn't complete them.	0	1	2	3