



Adult ADHD Self-Report Scale

Patient Name

DOB

Female

Provider Name

Date

Male

Other

The Vanderbilt ADHD Diagnostic Rating Scale (VADRS) is a psychological assessment tool for parents of children aged 6 to 12 designed to measure the severity of attention deficit hyperactivity disorder (ADHD) symptoms. Developed by Mark Wolraich at the Oklahoma Health Sciences Center, this rating scale also includes items related to other disorders which are frequently comorbid with ADHD.

Consider the context of what is appropriate for the age of your child. How would you rate your child's behaviors in the following areas over the past 6 months.

	Never	Occasionally	Often	Very Often	TOTAL
1. Does not pay attention to details or makes careless mistakes with, for example, homework					
2. Has difficulty keeping attention to what needs to be done					
3. Does not seem to listen when spoken to directly					
4. Does not follow through when given directions and fails to finish activities (not due to refusal or failure to understand)					
5. Has difficulty organizing tasks and activities					
6. Avoids, dislikes, or does not want to start tasks that require ongoing mental effort					
7. Loses things necessary for tasks or activities (toys, assignments, pencils, or books)					
8. Is easily distracted by noises or other stimuli					
9. Is forgetful in daily activities					
10. Fidgets with hands or feet or squirms in seat					
11. Leaves seat when remaining seated is expected					
12. Runs about or climbs too much when remaining seated is expected					
13. Has difficulty playing or beginning quiet play activities					
14. Is "on the go" or often acts as if "driven by a motor"					
15. Talks too much					
16. Blurts out answers before questions have been completed					
17. Has difficulty waiting his or her turn					
18. Interrupts or intrudes in on others' conversations and/or activities					
19. Argues with adults					
20. Loses temper					
21. Actively defies or refuses to go along with adults' requests or rules					
22. Deliberately annoys people					



23. Blames others for his or her mistakes or misbehaviors					
24. Is touchy or easily annoyed by others					
25. Is angry or resentful					
26. Is spiteful and wants to get even					
27. Bullies, threatens, or intimidates others					
28. Starts physical fights					
29. Lies to get out of trouble or to avoid obligations (i.e., “cons” others)					
30. Is truant from school (skips school) without permission					
31. Is physically cruel to people					
32. Has stolen things that have value					
33. Deliberately destroys others’ property					
34. Has used a weapon that can cause serious harm (bat, knife, brick, gun)					
35. Is physically cruel to animals					
36. Has deliberately set fires to cause damage					
37. Has broken into someone else’s home, business, or car					
38. Has stayed out at night without permission					
39. Has run away from home overnight					
40. Has forced someone into sexual activity					
41. Is fearful, anxious, or worried					
42. Is afraid to try new things for fear of making mistakes					
43. Feels worthless or inferior					
44. Blames self for problems, feels guilty					
45. Feels lonely, unwanted, or unloved; complains that “no one loves him or her”					
46. Is sad, unhappy, or depressed					
47. Is self-conscious or easily embarrassed					
				TOTAL- 1	



	Excellent	Above Average	Average	Somewhat of a Problem	Problematic	TOTAL
48. Overall school performance						
49. Reading						
50. Writing						
51. Mathematics						
52. Relationship with parents						
53. Relationship with siblings						
54. Relationship with peers						
55. Participation in organized activities						
TOTAL- 2						
TOTAL						

Sources

M Wolraich, W Lambert, M Doffing, L Bickman, T Simmons, K Worley. Psychometric Properties of the Vanderbilt ADHD Diagnostic Parent Rating Scale in a Referred Population. Journal of Pediatric Psychology. 28(8): 559-568 (2003).
<https://psychology-tools.com/test/vadrs-vanderbilt-adhd-diagnostic-rating-scale>



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