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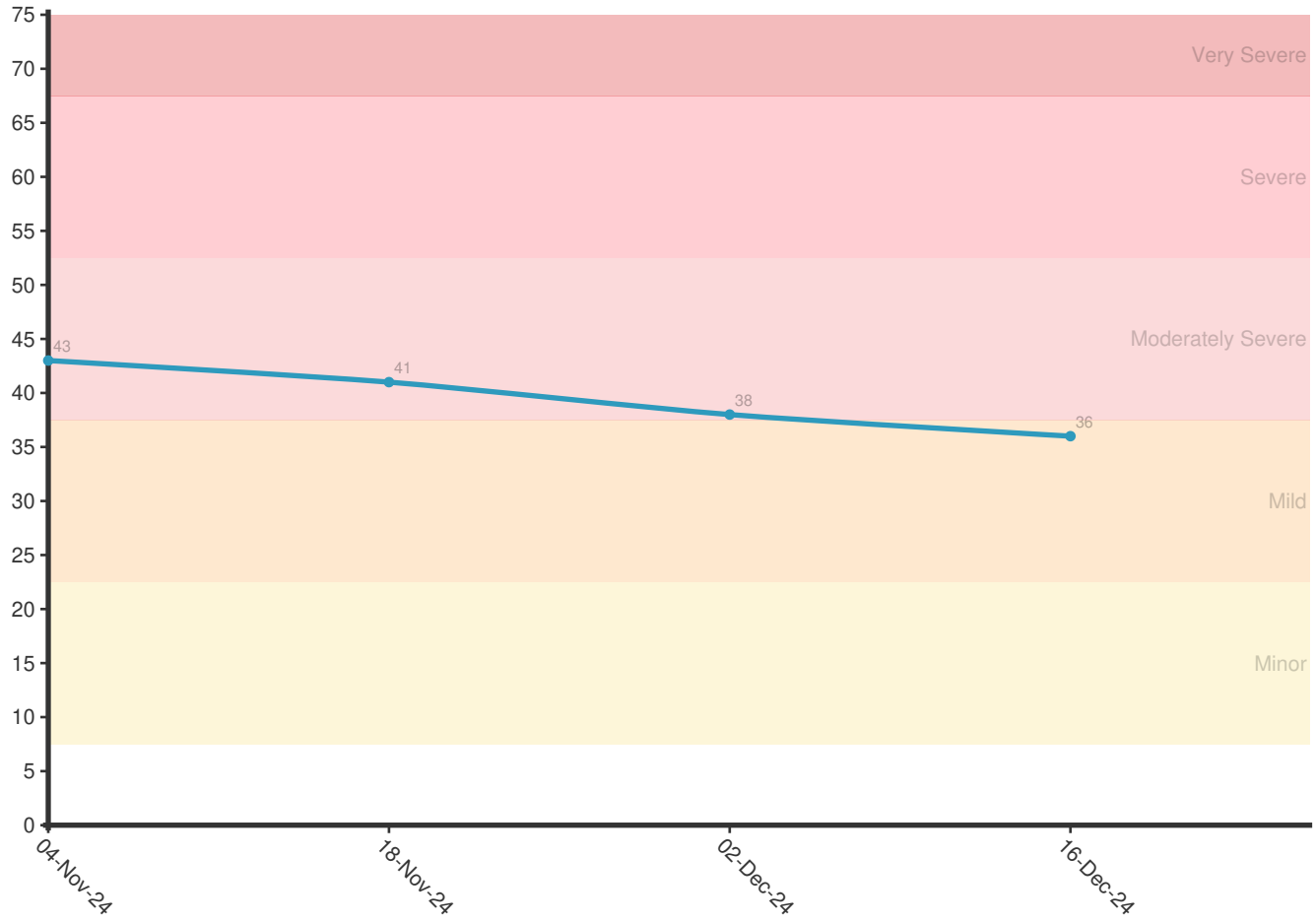
ADHD Clinical Outcome Scale - Self-Report Version (ACOS-Self)

Client Name	Generic Client	*Date administered*	16 Dec 2024
Date of birth (age)	1 Jan 1990 (34)	*Time taken*	2 min 36s
Assessor	Dr Simon Baker		

Total ACOS Score

	Score	Percentile	Descriptor
Total ACOS (0-75)	36	40	Mild

ADHD Clinical Outcome Scale (ACOS) Score



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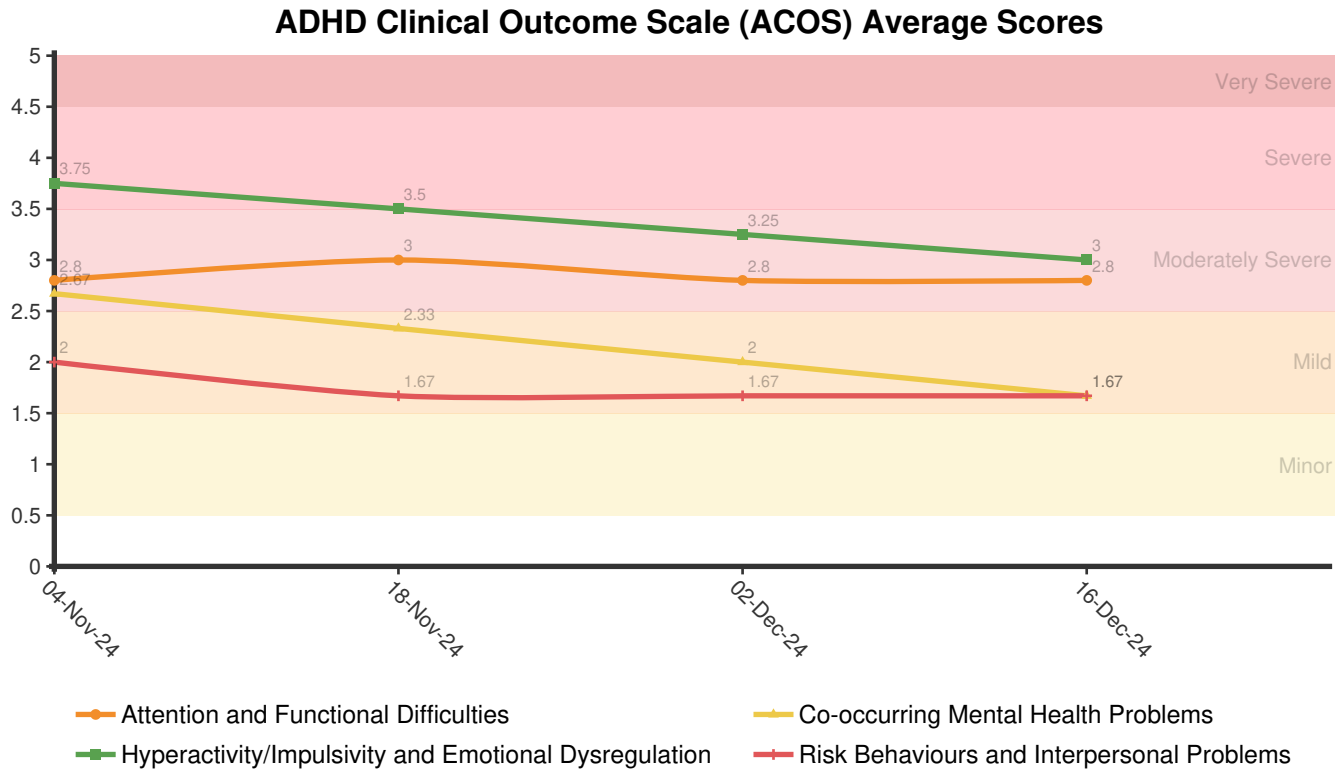
Client Name	Generic Client

Subscale Scores

	Score	Average (0-5)	Descriptor
Attention and Functional Difficulties (0-25)	14	2.8	Moderately Severe
Hyperactivity/Impulsivity and Emotional Dysregulation (0-20)	12	3	Moderately Severe
Co-occurring Mental Health Problems (0-15)	5	1.67	Mild
Risk Behaviours and Interpersonal Problems (0-15)	5	1.67	Mild



Interpretation

The latest responses on the ADHD Clinical Outcome Scale (ACOS) indicate that the respondent has been experiencing Mild symptoms and challenges associated with ADHD in the past 2 weeks. The total ACOS score is on the 40th percentile when compared to adults with ADHD. A score in this range indicates that, overall, the respondent has been experiencing mild problems at a level that is consistent with adults with ADHD.

Since the respondent was first assessed on 04 November 2024, the overall severity of symptoms and challenges associated with ADHD has significantly decreased, with a 7 point decrease in the score. A meaningful change in overall severity is defined as a change in the total ACOS score of 6 or more points based on a Minimally Important Difference (MID) calculation.

The responses on the **Attention and Functional Difficulties** subscale indicate that the respondent has been experiencing Moderately Severe problems in the past 2 weeks. The items were rated as follows:

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Interpretation (cont.)

- 2. Pay attention when doing things (A lot)
- 6. Organising things (A lot)
- 10. Postponing things (A lot)
- 15. Difficulties in the everyday personal life (A lot)
- 14. Study / work difficulties (Somewhat)

The responses on the **Hyperactivity/Impulsivity and Emotional Dysregulation** subscale indicate that the respondent has been experiencing Moderately Severe problems in the past 2 weeks. The items were rated as follows:
- 1. Hyperactivity /restlessness (A lot)
- 3. Temper /anger outburst (A lot)
- 5. Ups and downs in your mood (A lot)
- 7. Impulsivity (A lot)

Scoring and Interpretation Information

For comprehensive information on the ADHD Clinical Outcome Scale (ACOS) - Self-Report Version, see here.

The ADHD Clinical Outcome Scale (ACOS) yields a total score between 0 and 75, with higher scores indicating a greater severity of symptoms and challenges associated with ADHD. Each item is rated on a 6-point Likert-type scale from 0 to 5 reflecting the degree to which the individual has experienced a specific problem in the past 2 weeks.

The respondent's total ACOS score is expressed as a percentile based on normative data for adults with ADHD (Adamis et al., 2020; Baker et al., 2024), contextualising their score relative to the typical scores of adults with ADHD. For example, the 50th percentile represents the typical level of severity among adults with ADHD (i.e., "Moderately Severe"), while scores on the 90th percentile fall within the top 10% when compared to adults with ADHD and are considered "Severe".

Scores are also provided for the scale's four subscales:

- Attention and Functional Difficulties (Items 2, 6, 10, 14, and 15), which includes difficulties with attention, organisation, procrastination, work, and everyday life.

- Hyperactivity/Impulsivity and Emotional Dysregulation (Items 1, 3, 5, and 7), which includes hyperactivity/restlessness, impulsivity, emotional fluctuation (ups and downs in mood), and temper/anger outbursts.

- Co-occurring Mental Health Problems (Items 11, 12, and 13), which includes anxiety, depression, and sleep problems.

- Risk Behaviours and Interpersonal Problems (Items 4, 8, and 9), which includes alcohol and drug use problems, self-harm, and tension in relationships.

The scoring approach uses qualitative descriptors to categorise ACOS scores (Baker et al., 2024). Each descriptor corresponds to a specific range of average scores reflecting the 6-point rating scale. The overall average score is calculated by dividing the total ACOS score by the number of items in the scale (i.e., 15). The average score for each subscale is calculated by

Client Name	Generic Client

Scoring and Interpretation Information (cont.)

dividing the subscale's score by the number of items in the subscale. The descriptors and corresponding score ranges are as follows.

- "No Problem" (average score of 0-0.49) (total score of 0-7)

- "Minor" (average score of 0.5-1.49) (total score of 8-22)

- "Mild" (average score of 1.5-2.49) (total score of 23-37)

- "Moderately Severe" (average score of 2.5-3.49) (total score of 38-52)

- "Severe" (average score of 3.5-4.49) (total score of 53-67)

- "Very Severe" (average score of 4.5-5) (total score of 68-75)

On first administration, graphs are presented showing the respondent's total ACOS as a percentile and the respondent's average score for each subscale. If administered more than once, longitudinal graphs are presented for the total ACOS score and the average scores for each subscale, indicating if there have been any changes in these scores over time. A meaningful change in overall severity is defined as a change of 5 or more points in the total ACOS score based on a Minimally Important Difference (MID) calculation (i.e., a 5 or more point increase indicates a significant increase; a 5 or more point decrease indicates significant reduction; and less than a 5 point change indicates no significant change).

Client Responses

		Not at all	A little	Somewhat	A lot	Very much	Extremely
1	Hyperactivity /restlessness	0	1	2	**3**	4	5
2	Pay attention when doing things	0	1	2	**3**	4	5
3	Temper /anger outburst	0	1	2	**3**	4	5
4	Problems with alcohol and drugs	0	1	**2**	3	4	5
5	Ups and downs in your mood	0	1	2	**3**	4	5
6	Organising things	0	1	2	**3**	4	5
7	Impulsivity	0	1	2	**3**	4	5
8	Tension in relationships	0	1	2	**3**	4	5

Client Name	Generic Client

Client Responses (cont.)

		Not at all	A little	Somewhat	A lot	Very much	Extremely
9	Self-harm	**0**	1	2	3	4	5
10	Postponing things	0	1	2	**3**	4	5
11	Anxiety problems	0	1	**2**	3	4	5
12	Depression problems	0	1	**2**	3	4	5
13	Sleep problems	0	**1**	2	3	4	5
14	Study / work difficulties	0	1	**2**	3	4	5
15	Difficulties in the everyday personal life	0	1	2	**3**	4	5