



Adult ADHD Observer-Report Scale (ASRS-O)

Instructions:

Please answer the questions below, rating this person based on your observations over the past 6 months.

		Never	Rarely	Sometimes	Often	Very Often
1	PART A - How often does this person have trouble wrapping up the final details of a project, once the challenging parts have been done?	0	0	1	1	1
2	How often does this person have difficulty getting things in order when they have to do a task that requires organisation?	0	0	1	1	1
3	How often does this person have problems remembering appointments or obligations?	0	0	1	1	1
4	When this person has a task that requires a lot of thought, how often do they avoid or delay getting started?	0	0	0	1	1
5	How often does this person fidget or squirm with their hands or feet when they have to sit down for a long time?	0	0	0	1	1
6	How often does this person seem overly active and compelled to do things, as if they were driven by a motor?	0	0	0	1	1
7	PART B - How often does this person make careless mistakes when they have to work on a boring or difficult project?	0	0	0	1	1
8	How often does this person have difficulty keeping their attention when they are doing boring or repetitive work?	0	0	0	1	1
9	How often does this person have difficulty concentrating on what people are saying, even when they are speaking to the person directly?	0	0	1	1	1
10	How often does this person misplace or have difficulty finding things at home or at work?	0	0	0	1	1
11	How often is this person distracted by activity or noise around them?	0	0	0	1	1
12	How often does this person leave their seat in meetings or other situations in which they are expected to remain seated?	0	0	1	1	1
13	How often does this person appear restless or fidgety?	0	0	0	1	1
14	How often does this person have difficulty unwinding and relaxing when they have time to themselves?	0	0	0	1	1
15	How often does this person talk too much when in social situations?	0	0	0	1	1
16	When this person is in a conversation, how often do they finish the sentences of the people they are talking to, before they can finish them themselves?	0	0	1	1	1
17	How often does this person have difficulty waiting their turn in situations when turn taking is required?	0	0	0	1	1



		Never	Rarely	Sometimes	Often	Very Often
18	How often does this person interrupt others?	0	0	1	1	1
19	What is your relationship to the person you are rating (e.g. partner, parent, close friend, clinician)?					
20	Is there any additional information that is relevant to the above situations? If so, please describe:					
21	Examples/details:					
22	Examples/details:					
23	Examples/details:					
24	Examples/details:					
25	Examples/details:					
26	Examples/details:					
27	Examples/details:					
28	Examples/details:					
29	Examples/details:					
30	Examples/details:					



31	Examples/details:
32	Examples/details:
33	Examples/details:
34	Examples/details:
35	Examples/details:
36	Examples/details:
37	Examples/details:
38	Examples/details:
39	What is your name? (i.e. the person completing this questionnaire)

Developer Reference:

Kessler, R. C., Adler, L., Ames, M., Demler, O., Faraone, S., Hiripi, E., Howes, M. J., Jin, R., Secnik, K., Spencer, T., Ustun, T. B., & Walters, E. E. (2005). The World Health Organization Adult ADHD Self-Report Scale (ASRS): a short screening scale for use in the general population. *Psychological Medicine*, 35(2), 245–256. <https://doi.org/10.1017/s0033291704002892>

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