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ADULT PATIENT SELF REPORT FOR ADHD EVALUATION

PATIENTS PLEASE COMPLETE THE TOP HALF OF THIS PAGE ONLY

- 1) NUMBER OF DRIVING TICKETS, LIFETIME (NOT PARKING) _____
- 2) NUMBER OF ACCIDENTS, LIFETIME _____
- 3) NUMBER OF LIFETIME ARRESTS (NOT CONVICTIONS) _____
- 4) ANY SPECIAL OR REMEDIAL CLASSES IN GRADES 1-12? YES OR NO
- 5) EVER BEEN DIAGNOSED WITH A LEARNING DISABILITY? YES OR NO
- 6) EVER REPEATED AND GRADE? YES OR NO
- 7) EVER HAD YOUR JOB ROLE/DUTIES SIGNIFICANTLY AFFECTED
BY YOUR THINKING OR BEHAVIOR? YES OR NO

IF YES TO QUESTION #7 PLEASE LIST DETAIL BELOW.

- 8) EVER HAD TROUBLE MAINTAINING REGULAR EMPLOYMENT
DUE TO #7 ABOVE? YES OR NO
- 9) EVER BEEN A REGULAR SMOKER? YES OR NO
- 10) EVER HAD ANY SIGNIFICANT SUBSTANCE ABUSE? YES OR NO

IF YES TO QUESTION #10 PLEASE DETAIL SUBSTANCE AND
AGES OF ABUSE BELOW.

MD PORTION

- * CHILDHOOD OPP-DEFIANT D/O? YES OR NO
- * ASPD? YES OR NO
- * > 2 OF 8 EXECUTIVE TESTS HAVE > 1.5 SD DEFICITS (2 X RISK/31% OVERALL)
OR CPT ERRORS ELEVATED? _____
- * > 3 CAR CRASHES? YES OR NO

Jasper-Goldberg Adult ADD Screening

This is a screening examination of Adult ADD. It is not a diagnostic test. Scores over 70 are associated with a high probability of ADD. The diagnosis of ADD can only be made on the basis of a detailed history and mental status examination. High scores on this examination may result from anxiety, depression or mania. These conditions must be ruled out before a diagnosis of Adult ADD can be made.

The items below refer to how you have behaved and felt during most of your adult life. If you have usually been one way and recently have changed, your responses should reflect how you have usually been. Mark one of the numbers that follows each item using the following scale:

- 0=Not at all
- 1=Just a little
- 2=Somewhat
- 3=Moderately
- 4=Quite a lot
- 5=Very much

Total score: _____

- ___ At home, work, or school, I find my mind wandering from tasks that are uninteresting or difficult.
- ___ I find it difficult to read written material unless it is very interesting or very easy.
- ___ Especially in groups, I find it hard to stay focused on what is being said in conversations.
- ___ I have a quick temper....short fuse.
- ___ I am irritable, and get upset by minor annoyances.
- ___ I say things without thinking, and later regret having said them.
- ___ I make quick decisions without thinking enough about their possible bad results.
- ___ My relationships with people are made difficult by my tendency to talk first and think later.
- ___ My moods have highs and lows.
- ___ I have trouble planning in what order to do a series of tasks or activities.
- ___ I easily become upset.
- ___ I seem to be thin skinned and many things upset me.
- ___ I almost always am on the go.
- ___ I am more comfortable when moving than when sitting still.
- ___ In conversations, I start to answer questions before the questions have been fully asked.
- ___ I usually work on more than one project at a time, and fail to finish many of them.
- ___ There is a lot of "static" or "chatter" in my head.
- ___ Even when sitting quietly, I am usually moving my hands or feet.
- ___ In group activities it is hard for me to wait my turn.
- ___ My mind gets so cluttered that it is hard for me to function.
- ___ My thoughts bounce around as if my mind were a pinball machine.
- ___ My brain feels as if it were a television set with all the channels going at once.
- ___ I am unable to stop daydreaming.
- ___ I am distressed by the disorganized way my brain works.

Adults With ADD Getting Long-Overdue Attention

Best-selling authors and psychiatrists Edward Hallowell, M.D., and John Ratey, M.D., share their views on diagnosing and treating adults with ADD.

BY CHRISTINE LEHMANN

A light bulb went off for thousands of adults who recognized themselves in the people with attention deficit disorder portrayed in the 1994 best-selling book *Driven to Distraction* by Edward Hallowell, M.D., and John Ratey, M.D. The authors not only publicized that adults suffer from attention deficit disorder (ADD) but went a step further by acknowledging that they had the disorder too.

Though not the first psychiatrists to recognize that adults have ADD or to write about it, Hallowell and Ratey were the first to write a comprehensive book for the public that made it to the *New York Times* best-seller list.

The book was read by thousands of adults who suspected that they or their spouse or a close relative had ADD, the term Hallowell and Ratey used in the book to avoid the perception that all of these adults are hyperactive. Studies have shown that disorders run in families and that about 75 percent of children with ADHD have the disorder when they become adults. Approximately 3 percent to 5 percent of the

adult population have ADHD, according to the 1998 *Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment* by Russell Barkley, Ph.D.

"By presenting numerous case histories and lists of childhood and adult behaviors, we helped people put the different pieces of the puzzle together," said Ratey, a clinical associate professor of psychiatry at Harvard Medical School. "The typical response from adults who realize they have ADD is 'Eureka! Now I know why I have struggled so much.'"

Ratey and Hallowell have private practices in Boston. Ratey's patients are primarily adults, while Hallowell sees both adults and children. Hallowell said that he and Ratey were perplexed by the "erratic live wires" they were seeing in their practices whose behaviors seemed similar

to Type A personalities or were possibly linked to hyperthyroidism. They realized that these adults had ADD, which led them to develop a list of approximately 20 criteria (see box) to facilitate the diagnosis in adults. The criteria are included in their book.

"While the definitive criteria are in the DSM, [our] list reflects the broad spectrum of traits and behaviors seen in adults with ADD," said Hallowell.

At the top of the list is a chronic sense of underachievement, whether real or imagined. "People with ADD often have trouble reaching their potential because

see *Adults With ADD* on page 46

Suggested Criteria for Adult ADD

Please circle any that apply to you

A. A chronic disturbance in which at least 12 of the following are present:

- | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> 1. A sense of underachievement, of not meeting one's goals. 2. Difficulty getting organized. 3. Chronic procrastination or trouble getting started. 4. Many projects going simultaneously; trouble with follow-through. 5. A tendency to say whatever comes to mind without necessarily considering the timing or appropriateness of the remark. | <ul style="list-style-type: none"> 6. A frequent search for high stimulation. 7. An intolerance of boredom. 8. Easy distractibility, trouble focusing attention, tendency to tune out or drift away in the middle of a page or conversation. 9. Often creative, intuitive, highly intelligent. 10. Trouble going through established channels, following proper procedure. 11. Impatient; low tolerance of frustration. | <ul style="list-style-type: none"> 12. Impulsive, either verbally or in action as in impulsive spending of money, changing plans, enacting new schemes or career plans, and hot-tempered. 13. A tendency to worry needlessly, endlessly; a tendency to scan the horizon looking for something to worry about, alternating with inattention to or disregard for actual dangers. 14. A sense of insecurity. 15. Mood swings, mood | <ul style="list-style-type: none"> ability, especially when disengaged from a person or project. 16. Physical or cognitive restlessness. 17. A tendency toward addictive behavior. 18. Chronic problems with self-esteem. 19. Inaccurate self-observation. 20. Family history of ADD, manic-depressive illness, depression, substance abuse, or other disorders of impulse control or mood. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

B. Childhood history of ADD (not necessarily formally diagnosed).

C. Situation not explained by other medical or psychiatric condition.

Source: *Driven to Distraction*, Table 2, p. 201; Edward Hallowell, M.D., and John Ratey, M.D.

Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Patient Name		Today's Date					
Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.			Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?							
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?							
3. How often do you have problems remembering appointments or obligations?							
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?							
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?							
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?							
Part A							
7. How often do you make careless mistakes when you have to work on a boring or difficult project?							
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?							
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?							
10. How often do you misplace or have difficulty finding things at home or at work?							
11. How often are you distracted by activity or noise around you?							
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?							
13. How often do you feel restless or fidgety?							
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?							
15. How often do you find yourself talking too much when you are in social situations?							
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?							
17. How often do you have difficulty waiting your turn in situations when turn taking is required?							
18. How often do you interrupt others when they are busy?							
Part B							

Contemporary Perspectives on Treating Attention Deficit Hyperactivity Disorder

TABLE 2. Wender Utah Rating Scale^{30,31}

As a child I was (or had):	Not at all or slightly	Moderately	Mildly	Quite a bit	Very much
1. Active, restless, always on the go	<input type="checkbox"/>				
2. Afraid of things	<input type="checkbox"/>				
3. Concentration problems, easily distracted	<input type="checkbox"/>				
4. Anxious, worrying	<input type="checkbox"/>				
5. Nervous, fidgety	<input type="checkbox"/>				
6. Inattentive, daydreaming	<input type="checkbox"/>				
7. Hot or short temper, low boiling point	<input type="checkbox"/>				
8. Shy, sensitive	<input type="checkbox"/>				
9. Temper outbursts, tantrums	<input type="checkbox"/>				
10. Trouble with stick-to-itiveness, not following through, failing to finish things started	<input type="checkbox"/>				
11. Stubborn, strong-willed	<input type="checkbox"/>				
12. Sad or blue, depressed, unhappy	<input type="checkbox"/>				
13. Incautious, dare-devilish, involved in pranks	<input type="checkbox"/>				
14. Not getting a kick out of things, dissatisfied with life	<input type="checkbox"/>				
15. Disobedient with parents, rebellious, sassy	<input type="checkbox"/>				
16. Low opinion of myself	<input type="checkbox"/>				
17. Irritable	<input type="checkbox"/>				
18. Outgoing, friendly, enjoyed company of people	<input type="checkbox"/>				
19. Sloppy, disorganized	<input type="checkbox"/>				
20. Moody, had ups and downs	<input type="checkbox"/>				
21. Felt angry	<input type="checkbox"/>				
22. Had friends, popular	<input type="checkbox"/>				
23. Well organized, tidy, neat	<input type="checkbox"/>				
24. Acted without thinking, impulsive	<input type="checkbox"/>				
25. Tended to be immature	<input type="checkbox"/>				
26. Felt guilty, regretful	<input type="checkbox"/>				
27. Lost control of myself	<input type="checkbox"/>				
28. Tended to be or act irrational	<input type="checkbox"/>				
29. Unpopular with other children, didn't keep friends for long, didn't get along with other children	<input type="checkbox"/>				
30. Poorly coordinated, did not participate in sports	<input type="checkbox"/>				
31. Afraid of losing control of self	<input type="checkbox"/>				
32. Well coordinated, picked first in games	<input type="checkbox"/>				
33. (for women only) Tomboyish	<input type="checkbox"/>				
34. Ran away from home	<input type="checkbox"/>				
35. Got in fights	<input type="checkbox"/>				
36. Teased other children	<input type="checkbox"/>				
37. Leader, bossy	<input type="checkbox"/>				
38. Difficulty getting awake	<input type="checkbox"/>				
39. Follower, led around too much	<input type="checkbox"/>				
40. Trouble seeing things from someone else's point of view	<input type="checkbox"/>				
41. Trouble with authorities, trouble with school, visits to the principal's office	<input type="checkbox"/>				
42. Trouble with the police, booked, convicted	<input type="checkbox"/>				

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Adult ADHD-RS-IV* with Adult Prompts†

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
	0	1	2	3		0	1	2	3
10. Squirms and fidgets									
Can you sit still or are you always moving your hands or feet, or fidgeting in your chair?									
Do you tap your pencil or your feet? A lot? Do people notice?									
Do you regularly play with your hair or clothing?									
Do you consciously resist fidgeting or squirming?									
11. Can't stay seated	0	1	2	3					
Do you have trouble staying in your seat? At work?									
In class? At home (eg, watching TV, eating dinner)?									
In church or temple?									
Do you choose to walk around rather than sit?									
Do you have to force yourself to remain seated?									
Is it difficult for you to sit through a long meeting or lecture?									
Do you try to avoid going to functions that require you to sit still for long periods of time?									
12. Runs/climbs excessively	0	1	2	3					
Are you physically restless?									
Do you feel restless inside? A lot?									
Do you feel more agitated when you cannot exercise on an almost daily basis?									
13. Can't play/work quietly	0	1	2	3					
Do you have a hard time playing/working quietly?									
During leisure activity (nonstructured times or on your own such as reading a book, listening to music, playing a board game), are you agitated or dysphoric?									
Do you always need to be busy after work or while on vacation?									
14. On the go, "driven by a motor"	0	1	2	3					
Is it hard for you to slow down?									
Do you feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"?									
Do you feel like you're driven by a motor?									
Do you feel unable to relax?									
15. Talks excessively									
Do you talk a lot? All the time? More than other people?									
Do people complain about your talking? Is it a problem?									
Are you often louder than the people you are talking to?									
16. Blurts out answers	0	1	2	3					
Do you give answers to questions before someone finishes asking?									
Do you say things before it is your turn?									
Do you say things that don't fit into the conversation?									
Do you do things without thinking? A lot?									
17. Can't wait for turn	0	1	2	3					
Is it hard for you to wait your turn (in conversation, in lines, while driving)?									
Are you frequently frustrated with delays? Does it cause problems?									
Do you put a great deal of effort into planning to not be in situations where you might have to wait?									
18. Intrudes/interrupts others	0	1	2	3					
Do you talk when others are talking, without waiting until you are acknowledged?									
Do you butt into others' conversations before being invited?									
Do you interrupt others' activities?									
Is it hard for you to wait to get your point across in conversations or at meetings?									

*From *ADHD Rating Scale-IV: Checklists, Norms and Clinical Interpretation*. Reprinted with permission of The Guilford Press: New York. ©1998 George J. DuPaul, Thomas J. Power, Arthur A. Anastopoulos and Robert Reid. This scale may not be reproduced in any form without written permission of The Guilford Press. www.guilford.com

†Prompts developed by Lenard Adler, MD, Thomas Spencer, MD, and Joseph Biederman, MD.

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