UNDERSTAND YOUR RESPONSES

ADHD

This report uses fictional responses only. It demonstrates the report format, not a real person’s result.

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ANSWERED ITEMS

ASRS v1.1 · 6Q

METHOD USED

4 / 6

responses reach the specified frequency threshold.

ADHD screening indication: assessment recommended

At 4 out of 6 qualifying responses, the screener indicates further professional assessment. A result below that threshold does not rule out ADHD. Other causes can also influence responses.

The 6 original ASRS v1.1 items form an adult screener. Additional original reflection questions are interpreted separately and do not change the ASRS score. A positive screening result is not an ADHD diagnosis; a low score does not rule out ADHD.

Next: understand the numbers, review specific responses and record personal notes for a conversation.

01 / YOUR REPORT

How your screening score is calculated

For example, 3 / 6 means that three of the six responses fall within the original screener's marked response range. It does not mean three diagnoses or a 50% probability of ADHD.

1 **How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?**

Sometimes · marked range: yes

2 **How often do you have difficulty getting things in order when you have to do a task that requires organization?**

Rarely · marked range: no

3 **How often do you have problems remembering appointments or obligations?**

Often · marked range: yes

4 **When you have a task that requires a lot of thought, how often do you avoid or delay getting started?**

Sometimes · marked range: no

5 **How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?**

Very Often · marked range: yes

6 **How often do you feel overly active and compelled to do things, like you were driven by a motor?**

Often · marked range: yes

Additional questions are not added to the screening score. We do not report a probability of a condition or a population percentile.

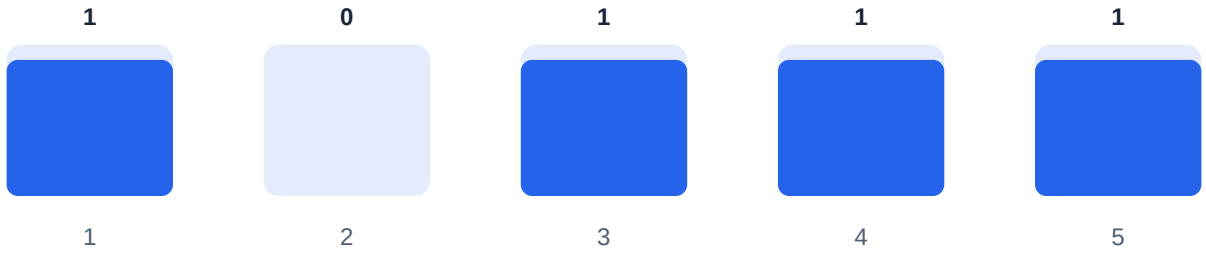
02 / YOUR REPORT

Your responses at a glance

This chart counts response positions, not symptoms or diagnoses.

Daily life & organisation

Mostly or fully endorsed: 2 / 4 answered statements. Skipped: 0.



Relationships & support

Mostly or fully endorsed: 1 / 4 answered statements. Skipped: 0.



Recovery & energy

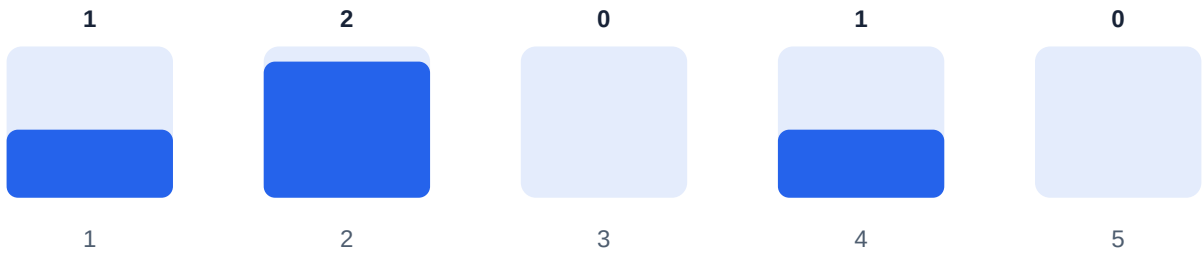
Mostly or fully endorsed: 2 / 4 answered statements. Skipped: 0.



Your responses at a glance / CONTINUED

Experiences & preferences

Mostly or fully endorsed: 1 / 4 answered statements. Skipped: 0.



Next steps

Mostly or fully endorsed: 2 / 4 answered statements. Skipped: 0.



Levels 1 to 5 follow the response order from “Not true” to “True”. Higher means greater endorsement of those statements, not better or worse health. Positive and difficult experiences are not combined into a condition score.

03 / YOUR REPORT

From responses to concrete situations

Three examples from the first topics you answered. Each shows a statement with the highest endorsement in that topic, even if endorsement is low overall. This is not a ranking of your most important concerns. All responses appear in the appendix.

Daily life & organisation

I can set priorities when many things need attention.

Your response: Very true

One example: when does this fit, and when is it different?

Relationships & support

I can ask for specific support.

Your response: Mostly true

One example: when does this fit, and when is it different?

Recovery & energy

I find moments to recover during the day.

Your response: Very true

One example: when does this fit, and when is it different?

04 / YOUR REPORT

Your next step

1

Describe one situation

Choose one response that matters to you. Note when you have this experience and what helps or makes it difficult.

2

Add context

How long has this been happening? In which parts of your life? What else might play a role? This questionnaire cannot fully answer those questions.

3

Choose suitable support

If you feel distressed or have unanswered questions, you can seek professional support regardless of the score. Bring your examples and questions to the conversation.

Support options and conversation worksheet

What I want to discuss next time:

05 / YOUR REPORT

Method, sources and limitations

The 6 original ASRS v1.1 items form an adult screener. Additional original reflection questions are interpreted separately and do not change the ASRS score. A positive screening result is not an ADHD diagnosis; a low score does not rule out ADHD.

Your responses are self-reported. The report is generated automatically and is not reviewed by a clinician. Diagnosis requires professional assessment. The report does not replace treatment, assess occupational fitness or serve as an emergency tool.

Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.

The 6-question Adult Self-Report Scale-Version1.1 (ASRS-V1.1) Screener is a subset of the 18-question Adult ADHD Self-Report Scale-Version1.1 (Adult ASRSV1.1) Symptom Checklist. © New York University and the President and Fellows of Harvard College.

Original instrument source

Original additional questions are not clinically validated or normed on a representative population. Response counts apply only to the listed statements. Missing responses are shown and are not treated as a low score.

06 / YOUR REPORT

Your responses in full

1 **How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?**
Original screening · Sometimes

2 **How often do you have difficulty getting things in order when you have to do a task that requires organization?**
Original screening · Rarely

3 **How often do you have problems remembering appointments or obligations?**
Original screening · Often

4 **When you have a task that requires a lot of thought, how often do you avoid or delay getting started?**
Original screening · Sometimes

5 **How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?**
Original screening · Very Often

6 **How often do you feel overly active and compelled to do things, like you were driven by a motor?**
Original screening · Often

7 **My difficulties interfere with my planning.**
Daily life & organisation · Not at all true

8 **My difficulties make contact with others harder.**
Relationships & support · Partly true

9 **I notice physical tension early.**
Recovery & energy · Mostly true

10 **I recognise situations in which my distress increases.**
Experiences & preferences · Mostly untrue

11 **My distress follows me into rest periods.**
Recovery & energy · Partly true

12 **I can name what makes a difficult situation easier.**
Experiences & preferences · Mostly untrue

13 **I find it hard to stay with a task consistently.**
Daily life & organisation · Mostly true

Your responses in full / CONTINUED

14 **I can explain how I feel to someone I trust.**
Relationships & support · Partly true

15 **I find moments to recover during the day.**
Recovery & energy · Very true

16 **I can give concrete examples of difficult situations.**
Next steps · Mostly true

17 **I have room to leave a difficult situation.**
Experiences & preferences · Not at all true

18 **I can trace changes over a longer period.**
Next steps · Partly true

19 **I can ask for specific support.**
Relationships & support · Mostly true

20 **I can recognise when my energy reserves are dropping.**
Recovery & energy · Mostly untrue

21 **I can break tasks into manageable steps.**
Daily life & organisation · Partly true

22 **I take on commitments that I lack the energy for.**
Relationships & support · Mostly untrue

23 **I can notice my limits before becoming overwhelmed.**
Experiences & preferences · Mostly true

24 **I have access to a source of support for further questions.**
Next steps · Partly true

25 **I can set priorities when many things need attention.**
Daily life & organisation · Very true

26 **I can formulate a realistic next goal.**
Next steps · Mostly true