Do any of these sound familiar?

- I am often quickly distracted
- I find it difficult to complete things
- I am terrible at organising things
- I have difficulty listening

- Sometimes I feel like I'm always busy
- I can never relax peacefully

- I am so impatient
- I often act without thinking
- I am impulsive in relationships and jobs

Did you even read all of these?
You could have Adult ADHD

Call the SADAG helpline on 0800 55 44 33 if you think you may have Adult ADHD
**Adult Self-Report Scale-VI.I (ASRS-VI.I) Screener**

from WHO Composite International Diagnostic Interview

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.

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<tbody>
<tr>
<td></td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
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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 organisation?

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?

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PHZA/CONC/0814/0001