



BEHAVIOUR EVALUATION ADHD RATING SCALE A AND B

Self Assessment

Please answer the following questions of rating scale A and B, symptom rating scales to evaluate symptoms of attention deficit and hyperactivity/impulsiveness during childhood, 5-12 years old, (A) and over the past 6 months (B) . The lists contain 18 questions each. To each question an answer is given on a four point measure (0-3). The measure indicates how well the questions fit to your behaviour from never/rarely to very often.



Behaviour rating scale for adults A

Self evaluation behaviour during childhood

Draw a circle around the number wich best describes your behaviour as it was at the age of 5-12 years old.

		Never or rarely	Sometimes	Often	Very often
1.	Failed to give close attention to details or made careless mistakes in my schoolwork or other activities.	0	1	2	3
2.	Fidgeted with my hands or feet or squirmed in my seat	0	1	2	3
3.	Had difficulty sustainin my attention in tasks or fun activities.	0	1	2	3
4.	Left my seat in classrooms or in other situations in which remaining seated was expected.	0	1	2	3
5.	Didn ´t listen when spoken to directly.	0	1	2	3
6.	Shifted around excessively or felt restless or hemmed in.	0	1	2	3
7.	Didn ´t follow through on instructions and failed to finish work or chores.	0	1	2	3
8.	Had difficulty engaging in leisure activities quietly (felt uncomfortable, or was loud or noisy).	0	1	2	3
9.	Had difficulty organizing tasks and activities.	0	1	2	3
10.	Was „on the go“ or acted as if driven by a motor.	0	1	2	3
11.	Avoided, disliked, or was reluctant to engage in tasks that required susteained mental effort.	0	1	2	3
12.	Talked excessively(in social situations).	0	1	2	3
13.	Lost things necessary for tasks or activities.	0	1	2	3
14.	Blurted out answers before questions had been completed, completed others ´ sentences, or jumped the gun.	0	1	2	3
15.	Was easily distracted by extraneous stimuli or irrelevant thoughts.	0	1	2	3
16.	Had difficulty awaiting my turn.	0	1	2	3
17.	Was forgetful in daily activities.	0	1	2	3
18.	Interrupted or intruded on others (buted into conversations or activities without permission or took over what others were doing.	0	1	2	3



Behaviour rating scale for adults B

Self evaluation of behaviour in the present

*Dragðu hring um þá tölu sem lýsir best hegðun þinni eins og hún var á **síðustu 6 mánuði**.*

		Aldrei eða sjaldan	Stundum	Oft	Mjög oft
1.	Fail to give close attention to details or make careless mistakes in my work or other activities.	0	1	2	3
2.	Fidget with my hands or feet or squirm in my seat	0	1	2	3
3.	Difficulty sustaining my attention in tasks or fun activities.	0	1	2	3
4.	Leave my seat in classrooms or in other situations in which remaining seated was expected.	0	1	2	3
5.	Don't listen when spoken to directly.	0	1	2	3
6.	Shift around excessively or feel restless or hemmed in.	0	1	2	3
7.	Don't follow through on instructions and fail to finish work or chores.	0	1	2	3
8.	Have difficulty engaging in leisure activities quietly (feel uncomfortable, or am loud or noisy).	0	1	2	3
9.	Have difficulty organizing tasks and activities.	0	1	2	3
10.	I am "on the go" or act as if driven by a motor (or I feel like I have to be busy or always doing something).	0	1	2	3
11.	Avoid, dislike, or am reluctant to engaging in tasks that require sustained mental effort.	0	1	2	3
12.	Talk excessively (in social situations).	0	1	2	3
13.	Lose things necessary for tasks or activities.	0	1	2	3
14.	Blurt out answers before questions have been completed, complete others' sentences, or jump the gun.	0	1	2	3
15.	Am easily distracted by extraneous stimuli or irrelevant thoughts.	0	1	2	3
16.	Have difficulty awaiting my turn.	0	1	2	3
17.	Am forgetful in daily activities. .	0	1	2	3
18.	Interrupt or intrude on others (butt into conversations or activities without permission or take over what others are doing).	0	1	2	3