

Watershed Counseling & Consultation Services

Watershed - An essential point that marks a change of course;
a turning point often involving support and movement

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ASRS Form for ADHD - Instructions

The ASRS is useful in screening for baseline symptoms of ADHD.
Please print 2 copies of the ASRS as two separate checklists will be completed.

The first ASRS form is to be completed by you as a self-report.

Directions: Read and check off each of the 18 questions.

The second ASRS form is completed by another person who is familiar with you and can complete the form based on you over the past six months. Please have the person complete the form separately from you and without reading your selections on your form.

Directions: Read and check off each of the 18 questions in relation to the person asking you to complete the form.

Please scan and email BOTH completed forms to my email (above) and keep a copy for yourself for us to go over at our next meeting.