

Atlanta Center for Adult ADHD

Wender Utah Rating Scale for the Attention Deficit Hyperactivity Disorder

As a child I was (or had):		Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
1	Active restless always on the go	0	1	2	3	4
2	Afraid of things	0	1	2	3	4
3	Concentration problems easily distracted	0	1	2	3	4
4	Anxious worrying	0	1	2	3	4
5	Nervous fidgety	0	1	2	3	4
6	Inattentive daydreaming	0	1	2	3	4
7	Hot- or short-tempered low boiling point	0	1	2	3	4
8	Shy sensitive	0	1	2	3	4
9	Temper outbursts tantrums	0	1	2	3	4
10	Trouble with stick-to-it-tiveness not following through. Failing to finish things started	0	1	2	3	4
11	Stubborn strong-willed	0	1	2	3	4
12	Sad or blue depressed unhappy	0	1	2	3	4
13	Incautious. Dare-devilish involved in pranks	0	1	2	3	4
14	Not getting a kick out of things dissatisfied with life	0	1	2	3	4
15	Disobedient with parents rebellious sassy	0	1	2	3	4
16	Low opinion of myself	0	1	2	3	4
17	Irritable	0	1	2	3	4
18	Outgoing friendly enjoyed company of people	0	1	2	3	4
19	Sloppy disorganized	0	1	2	3	4
20	Moody ups and downs	0	1	2	3	4
21	Angry	0	1	2	3	4
22	Friends popular	0	1	2	3	4
23	Well-organized tidy neat	0	1	2	3	4
24	Acting without thinking impulsive	0	1	2	3	4
25	Tendency to be immature	0	1	2	3	4
26	Guilty feelings regretful	0	1	2	3	4

27	Losing control of myself	0	1	2	3	4
28	Tendency to be or act irrational	0	1	2	3	4
29	Unpopular with other children didn't keep friends for long didn't get along with other children	0	1	2	3	4
30	Poorly coordinated did not participate in sports	0	1	2	3	4
31	Afraid of losing control of self	0	1	2	3	4
32	Well-coordinated picked first in games	0	1	2	3	4
33	Tomboyish (for women only)	0	1	2	3	4
34	Running away from home	0	1	2	3	4
35	Getting into fights	0	1	2	3	4
36	Teasing other children	0	1	2	3	4
37	Leader bossy	0	1	2	3	4
38	Difficulty getting awake	0	1	2	3	4
39	Follower led around too much	0	1	2	3	4
40	Trouble seeing things from someone else's point of view	0	1	2	3	4
41	Trouble with authorities trouble with school visits to principal's office	0	1	2	3	4
42	Trouble with police booked convicted	0	1	2	3	4

Medical problems as a child		Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
43	Headaches	0	1	2	3	4
44	Stomachaches	0	1	2	3	4
45	Constipation	0	1	2	3	4
46	Diarrhea	0	1	2	3	4
47	Food allergies	0	1	2	3	4
48	Other allergies	0	1	2	3	4
49	Bedwetting	0	1	2	3	4

As a child in school I was (or had)		Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
50	Overall a good student fast	0	1	2	3	4
51	Overall a poor student slow learner	0	1	2	3	4
52	Slow in learning to read	0	1	2	3	4
53	Slow reader	0	1	2	3	4
54	Trouble reversing letters	0	1	2	3	4
55	Problems with spelling	0	1	2	3	4
56	Trouble with mathematics or numbers	0	1	2	3	4
57	Bad handwriting	0	1	2	3	4
58	Able to read pretty well but never really enjoyed reading	0	1	2	3	4
59	Not achieving up to potential	0	1	2	3	4
60	Repeating grades	0	1	2	3	4
61	Suspended or expelled	0	1	2	3	4