

Conners Adult ADHD Rating Scales (CAARS)

Your Name: _____ Age: _____ DOB: _____

Circle the number that <u>best describes</u> your behavior over the past 6 months.		Never / Rarely	Sometimes	Often	Very Often
1.	Fail to give close attention to details or make careless mistakes in my work.	0	1	2	3
2.	Fidget with 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 classroom or in other situations in which seating is expected	0	1	2	3
5.	Don't listen when spoken to directly	0	1	2	3
6.	Feel restless	0	1	2	3
7.	Don't follow through on instructions and fail to finish work	0	1	2	3
8.	Have difficulty engaging in leisure activities or doing fun things quietly	0	1	2	3
9.	Have difficulty organizing tasks and activities	0	1	2	3
10.	Feel 'On the go' or 'Driven by a motor'	0	1	2	3
11.	Avoid, dislike, or reluctant to engage in work that requires sustained mental effort	0	1	2	3
12.	Talk excessively	0	1	2	3
13.	Lose things necessary for tasks and activities	0	1	2	3
14.	Blurt out answers before questions have been completed	0	1	2	3
15.	Easily distracted	0	1	2	3
16.	Have difficulty awaiting turn	0	1	2	3
17.	Forgetful in daily activities	0	1	2	3
18.	Interrupt or intrude on others	0	1	2	3

CAARS is a comprehensive assessment tool designed to evaluate ADHD symptoms in adults. Available in self-report and observer-rated formats, it examines the presence and severity of ADHD traits, including inattention, impulsivity, and hyperactivity.

CAARS is especially beneficial for monitoring symptoms over time and assessing the impact of interventions, making it a valuable resource for both diagnosis and treatment planning.