

CAARS–Observer: Long Version (CAARS–O:L)

by C. K. Conners, Ph.D., D. Erhardt, Ph.D., & E. P. Sparrow, M.A.

PERSON BEING DESCRIBED	OBSERVER
Name: _____	Your Name: _____
Gender: M F Age: _____ <small>(Circle One)</small>	Gender: M F Age: _____ <small>(Circle One)</small>
Today's Date: ____/____/____ I am this person's: <input type="checkbox"/> spouse <input type="checkbox"/> parent <input type="checkbox"/> sibling <input type="checkbox"/> other: _____ <div style="text-align: center; font-size: small;">Month Day Year</div>	

Instructions: Listed below are items concerning behaviors or problems sometimes experienced by adults. Read each item carefully and decide how much or how frequently each item describes this person recently. Indicate your response for each item by circling the number that corresponds to your choice. Use the following scale: 0 = Not at all, never; 1 = Just a little, once in a while; 2 = Pretty much, often; and 3 = Very much, very frequently.

<i>The person being described...</i>	Not at all, never	Just a little, once in a while	Pretty much, often	Very much, very frequently
1. likes to be doing active things.	0	1	2	3
2. loses things necessary for tasks or activities (e.g., to-do lists, pencils, books, or tools).	0	1	2	3
3. doesn't plan ahead.	0	1	2	3
4. blurts out things.	0	1	2	3
5. is a risk-taker or a daredevil.	0	1	2	3
6. gets down on self.	0	1	2	3
7. doesn't finish things.	0	1	2	3
8. is easily frustrated.	0	1	2	3
9. talks too much.	0	1	2	3
10. is always on the go, as if driven by a motor.	0	1	2	3
11. is disorganized.	0	1	2	3
12. says things without thinking.	0	1	2	3
13. has a hard time staying in one place very long.	0	1	2	3
14. gets rowdy or boisterous during leisure activities.	0	1	2	3
15. is not sure of self.	0	1	2	3
16. has a hard time keeping track of several things at once.	0	1	2	3
17. is always moving even when attempting to be still.	0	1	2	3
18. forgets to remember things.	0	1	2	3
19. has a short fuse/hot temper.	0	1	2	3
20. is bored easily.	0	1	2	3
21. leaves seat when not supposed to.	0	1	2	3
22. has trouble waiting in line or taking turns with others.	0	1	2	3
23. throws tantrums.	0	1	2	3
24. has trouble keeping attention focused when working or at leisure.	0	1	2	3
25. seeks out fast paced, exciting activities.	0	1	2	3
26. avoids new challenges because of lack of faith in his/her abilities.	0	1	2	3
27. appears to be restless inside even when sitting still.	0	1	2	3
28. is distracted by sights or sounds when trying to concentrate.	0	1	2	3
29. is forgetful in daily activities.	0	1	2	3
30. is set off easily by many things.	0	1	2	3
31. dislikes quiet, introspective activities.	0	1	2	3
32. loses things needed for work or tasks.	0	1	2	3
33. has trouble listening to what other people are saying.	0	1	2	3

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CAARS–Observer Scale (Long Version)

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	Not at all, never	Just a little, once in a while	Pretty much, often	Very much, very frequently
34. is an underachiever.	0	1	2	3
35. interrupts others when talking.	0	1	2	3
36. changes plans/jobs in midstream.	0	1	2	3
37. acts okay on the outside, but appears unsure of self.	0	1	2	3
38. is always on the go.	0	1	2	3
39. makes comments or remarks that are regretted later.	0	1	2	3
40. can't get things done unless there's an absolute deadline.	0	1	2	3
41. fidgets (with hands or feet) or squirms in seat.	0	1	2	3
42. makes careless mistakes or has trouble paying close attention to details.	0	1	2	3
43. steps on people's toes without meaning to.	0	1	2	3
44. has trouble getting started on a task.	0	1	2	3
45. intrudes on others' activities.	0	1	2	3
46. appears to exert a great deal of effort when trying to sit still.	0	1	2	3
47. has unpredictable moods.	0	1	2	3
48. doesn't like academic studies/work projects where effort at thinking a lot is required.	0	1	2	3
49. is absent-minded in daily activities.	0	1	2	3
50. is restless or overactive.	0	1	2	3
51. depends on others to keep life in order and attend to the details.	0	1	2	3
52. unintentionally annoys other people.	0	1	2	3
53. sometimes overfocuses on details, at other times appears distracted by everything going on around him/her.	0	1	2	3
54. tends to squirm or fidget.	0	1	2	3
55. can't keep his/her mind on something unless it's really interesting.	0	1	2	3
56. expresses lack of confidence in his/her abilities.	0	1	2	3
57. can't sit still for very long.	0	1	2	3
58. gives answers to questions before the questions have been completed.	0	1	2	3
59. likes to be up and on the go rather than being in one place.	0	1	2	3
60. has trouble finishing job tasks or schoolwork.	0	1	2	3
61. is irritable.	0	1	2	3
62. interrupts others when they are working or busy.	0	1	2	3
63. expresses lack of confidence in self because of past failures.	0	1	2	3
64. appears distracted when things are going on around him/her.	0	1	2	3
65. has problems organizing tasks and activities.	0	1	2	3
66. misjudges how long it takes to do something or go somewhere.	0	1	2	3

