

Attention & Hyperactivity Screening (ASRS-Aligned, AI Version)

Purpose: Screen for ADHD-related traits in adults

Time frame: *Over the last 6 months*

Use case: Students, professionals, productivity & focus issues

Nature: Screening only (not diagnosis)

Instruction to user:

Below are statements about attention, activity level, and impulsivity.

Please choose how often each statement applied to you during the **past 6 months**.

Response Options & Weights (Same for ALL Questions)

- **0** – This never happened.
 - **1** – This happened rarely.
 - **2** – This happened sometimes.
 - **3** – This happened often.
 - **4** – This happened very often.
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PART A: Core ADHD Screening Items (High Sensitivity)

Q1. Difficulty finishing tasks

- **0** – I never had difficulty finishing tasks once I started them.
 - **1** – I rarely had difficulty finishing tasks.
 - **2** – I sometimes had difficulty finishing tasks.
 - **3** – I often had difficulty finishing tasks.
 - **4** – I very often had difficulty finishing tasks.
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Q2. Difficulty organizing tasks

- **0** – I never had difficulty organizing tasks.
 - **1** – I rarely had difficulty organizing tasks.
 - **2** – I sometimes had difficulty organizing tasks.
 - **3** – I often had difficulty organizing tasks.
 - **4** – I very often had difficulty organizing tasks.
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Q3. Forgetting appointments or obligations

- **0** – I never forgot appointments or obligations.
 - **1** – I rarely forgot appointments.
 - **2** – I sometimes forgot appointments.
 - **3** – I often forgot appointments.
 - **4** – I very often forgot appointments.
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Q4. Avoiding tasks that require sustained mental effort

- **0** – I never avoided tasks requiring long mental effort.
 - **1** – I rarely avoided such tasks.
 - **2** – I sometimes avoided such tasks.
 - **3** – I often avoided such tasks.
 - **4** – I very often avoided such tasks.
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Q5. Fidgeting or restlessness

- **0** – I never fidgeted or felt restless.
 - **1** – I rarely fidgeted.
 - **2** – I sometimes fidgeted.
 - **3** – I often fidgeted.
 - **4** – I very often fidgeted or felt restless.
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Q6. Feeling driven or overly active

- **0** – I never felt overly driven or “on the go.”
 - **1** – I rarely felt this way.
 - **2** – I sometimes felt this way.
 - **3** – I often felt this way.
 - **4** – I very often felt overly driven or restless.
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PART B: Additional ADHD Traits

Q7. Making careless mistakes

- **0** – I never made careless mistakes.
 - **1** – I rarely made careless mistakes.
 - **2** – I sometimes made careless mistakes.
 - **3** – I often made careless mistakes.
 - **4** – I very often made careless mistakes.
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Q8. Difficulty sustaining attention

- **0** – I never had trouble sustaining attention.
 - **1** – I rarely had trouble sustaining attention.
 - **2** – I sometimes had trouble sustaining attention.
 - **3** – I often had trouble sustaining attention.
 - **4** – I very often had trouble sustaining attention.
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Q9. Difficulty listening when spoken to

- **0** – I always listened attentively.
 - **1** – I rarely had difficulty listening.
 - **2** – I sometimes had difficulty listening.
 - **3** – I often had difficulty listening.
 - **4** – I very often had difficulty listening.
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Q10. Losing things

- **0** – I never lost things needed for tasks.
 - **1** – I rarely lost things.
 - **2** – I sometimes lost things.
 - **3** – I often lost things.
 - **4** – I very often lost important things.
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Q11. Being easily distracted

- **0** – I was never easily distracted.
 - **1** – I was rarely distracted.
 - **2** – I was sometimes distracted.
 - **3** – I was often distracted.
 - **4** – I was very often distracted.
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Q12. Forgetfulness in daily activities

- **0** – I was never forgetful in daily activities.
 - **1** – I was rarely forgetful.
 - **2** – I was sometimes forgetful.
 - **3** – I was often forgetful.
 - **4** – I was very often forgetful.
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Q13. Talking excessively

- **0** – I never talked excessively.
 - **1** – I rarely talked excessively.
 - **2** – I sometimes talked excessively.
 - **3** – I often talked excessively.
 - **4** – I very often talked excessively.
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Q14. Interrupting others

- **0** – I never interrupted others.
 - **1** – I rarely interrupted others.
 - **2** – I sometimes interrupted others.
 - **3** – I often interrupted others.
 - **4** – I very often interrupted others.
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Q15. Difficulty waiting turn

- **0** – I never had difficulty waiting my turn.
 - **1** – I rarely had difficulty waiting.
 - **2** – I sometimes had difficulty waiting.
 - **3** – I often had difficulty waiting.
 - **4** – I very often had difficulty waiting.
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Q16. Blurting out answers

- **0** – I never blurted out answers.
 - **1** – I rarely blurted out answers.
 - **2** – I sometimes blurted out answers.
 - **3** – I often blurted out answers.
 - **4** – I very often blurted out answers.
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Q17. Difficulty relaxing

- **0** – I was always able to relax.
 - **1** – I rarely had difficulty relaxing.
 - **2** – I sometimes had difficulty relaxing.
 - **3** – I often had difficulty relaxing.
 - **4** – I very often had difficulty relaxing.
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Q18. Feeling impatient

- **0** – I never felt impatient.
 - **1** – I rarely felt impatient.
 - **2** – I sometimes felt impatient.
 - **3** – I often felt impatient.
 - **4** – I very often felt impatient.
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Scoring Logic (AI-Ready)

Part A (Primary Screener)

- Focus on Q1–Q6
- If ≥ 4 items score 3 or 4 → ADHD traits flagged

Full Scale

Total Score = Sum of Q1–Q18

Range = 0 – 72

Interpretation (SCREENING ONLY)

Result	Meaning
Low scores	ADHD traits unlikely
Part A positive	ADHD traits possible
High total + impairment	Strong referral recommended

This does NOT diagnose ADHD.

Mandatory AI Language Rules

- “You have ADHD.”
 - “You are ADHD.”
 - “Your responses show patterns commonly seen in adults with attention or hyperactivity difficulties.”
 - “This is a screening result, not a diagnosis.”
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How AI Uses ASRS (Real Value)

- Distinguish **ADHD traits vs stress/burnout**
 - Route to:
 - Focus tools
 - Structure & planning aids
 - Professional referral
 - Avoid mislabeling depression or anxiety as ADHD
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Panel-Ready One-Liner

“We use an ASRS-aligned self-report screener to identify attention and hyperactivity traits in adults and guide appropriate referral, without making diagnostic claims.”