

Name \_\_\_\_\_

Today's Date \_\_\_\_\_

**PROS-ADHD SCALE:  
Attention Deficit Hyperactivity Disorder Self-Assessment**

Rate the severity of your symptoms during the past six months on a scale of 0 to 4  
*Circle the word or words that best describe your experience*

1. Fail to pay close attention to details or make careless mistakes

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

2. Have difficulty maintaining attention in tasks or play activities

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

3. Do not seem to listen when spoken to directly

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

4. Do not follow through on instructions and fail to complete assignments

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

5. Have difficulty organizing tasks and activities

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

6. Avoid or dislike tasks requiring ongoing mental activity

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

7. Lose things necessary for tasks or activities

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

8. Easily distracted by external sights, sounds, etc.

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

9. Forgetful in daily activities

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

## ***PROS-ADHD SCALE***

*(Continued)*

Please answer the following questions:

1. On this ADD Scale have you rated yourself at 2 or greater on 6 or more on numbers 1-6?

Yes\_\_\_\_\_ No\_\_\_\_\_

2. Were some of these inattention symptoms that caused problems in your life present before age 7?

Yes\_\_\_\_\_ No\_\_\_\_\_

3. Were these symptoms that caused problems in your life present in at least two settings (work, school, social situations)?

Yes\_\_\_\_\_ No\_\_\_\_\_

If you answered **yes** to all of these questions, you may be suffering from Attention Deficit Disorder. (DSM-IV-TR-APA) Your physician or other mental health professional will review your answers, take a medical history and do a mental Status examination in order to determine your diagnosis. If you have Attention Deficit Disorder, there are a number of treatments including medications and Psychotherapy which can help improve your symptoms.

Louis E. Kopolow, M.D.  
Potomac Grove Psychiatry  
8915 Shady Grove Court  
Gaithersburg, Maryland 20877