

# Wender Utah Rating Scale

A scale for adults with suspected ADHD

Completed By: \_\_\_\_\_

Name: \_\_\_\_\_

<b>As a Child I Was (or Had):</b>	Not at all or slightly	Moderately	Mildly	Quite a Bit	Very Much
1.Active, restless, always on the go	_____	_____	_____	_____	_____
2.Afraid of things	_____	_____	_____	_____	_____
3.Concentration problems, easily distracted	_____	_____	_____	_____	_____
4.Anxious, worrying	_____	_____	_____	_____	_____
5.Nervous, fidgety	_____	_____	_____	_____	_____
6.Inattentive, daydreaming	_____	_____	_____	_____	_____
7.Hot or short temp, low boiling point	_____	_____	_____	_____	_____
8.Shy, sensitive	_____	_____	_____	_____	_____
9.Temper outbursts, tantrums	_____	_____	_____	_____	_____
10.Trouble with stick-to-it-tiveness, not following through, failing to finish things started	_____	_____	_____	_____	_____
11.Stubborn, strong-willed	_____	_____	_____	_____	_____
12.Sad or blue, depressed, unhappy	_____	_____	_____	_____	_____
13.Uncautious, dare-devilish, involved in pranks	_____	_____	_____	_____	_____
14.Not getting a kick out of things, dissatisfied with life	_____	_____	_____	_____	_____
15.Disobedient with parents, rebellious, sassy	_____	_____	_____	_____	_____
16.Low opinion of myself	_____	_____	_____	_____	_____
17.Irritable	_____	_____	_____	_____	_____
18.Outgoing, friendly, enjoy company of people	_____	_____	_____	_____	_____
19.Sloppy, disorganized	_____	_____	_____	_____	_____
20.Moody, have ups + downs	_____	_____	_____	_____	_____
21.Feel angry	_____	_____	_____	_____	_____
22.Have friends, popular	_____	_____	_____	_____	_____
23.Well organized, tidy, neat	_____	_____	_____	_____	_____
24.Acting without thinking, impulsive	_____	_____	_____	_____	_____
25.Tend to be immature	_____	_____	_____	_____	_____
26.Feel guilty, regretful	_____	_____	_____	_____	_____
27.Lose control of myself	_____	_____	_____	_____	_____
28.Tend to be or act irrational	_____	_____	_____	_____	_____
29.Unpopular with other children, didn't keep friends for long, didn't get along with other children	_____	_____	_____	_____	_____
30.Poorly coordinated, did not participate in sports	_____	_____	_____	_____	_____
31.Afraid of losing control of self	_____	_____	_____	_____	_____
32.Well coordinated, picked first in games	_____	_____	_____	_____	_____
33.(for women only) Tomboyish	_____	_____	_____	_____	_____
34.Ran away from home	_____	_____	_____	_____	_____
35.Get in fights	_____	_____	_____	_____	_____
36.Teased other children	_____	_____	_____	_____	_____
37.Leader, bossy	_____	_____	_____	_____	_____
38.Difficulty getting awake	_____	_____	_____	_____	_____
39.Follower, lead around too much	_____	_____	_____	_____	_____
40.Trouble seeing things from someone else's point of view	_____	_____	_____	_____	_____
41.Trouble with authorities, trouble with school, visits to the principal's office	_____	_____	_____	_____	_____
42.Trouble with the police, booked, convicted	_____	_____	_____	_____	_____
<b>Medical Problems as a Child</b>					
43.Headaches	_____	_____	_____	_____	_____
44.Stomach aches	_____	_____	_____	_____	_____
45.Constipation	_____	_____	_____	_____	_____
46.Diarrhea	_____	_____	_____	_____	_____
47.Food Allergies	_____	_____	_____	_____	_____
48.Other Allergies	_____	_____	_____	_____	_____
49.Bedwetting	_____	_____	_____	_____	_____
<b>As a Child in School</b>					
50.Overall a good student, fast	_____	_____	_____	_____	_____
51.Overall a poor student, slow learner	_____	_____	_____	_____	_____
52.Slow reader	_____	_____	_____	_____	_____
53.Slow in learning to read	_____	_____	_____	_____	_____
54.Trouble reversing letters	_____	_____	_____	_____	_____
55.Trouble with spelling	_____	_____	_____	_____	_____
56.Trouble with math or numbers	_____	_____	_____	_____	_____
57.Bad handwriting	_____	_____	_____	_____	_____
58.Though I could read pretty well, I never really enjoyed reading	_____	_____	_____	_____	_____
59.Did not achieve up to potential	_____	_____	_____	_____	_____
60.Repeated grades (which grades?)	_____	_____	_____	_____	_____
61.Suspended or expelled (which grades?)	_____	_____	_____	_____	_____