

WURS-25: Wender Utah Rating Scale

Instructions

This self-assessment is designed to help identify symptoms of ADHD that may have been present during childhood.

Please rate yourself on each of the items below, based on your recollection of your behavior as a child (up to age 12).

		Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
1	concentration problems, easily distracted	0	1	2	3	4
2	anxious, worrying	0	1	2	3	4
3	nervous, fidgety	0	1	2	3	4
4	inattentive, daydreaming	0	1	2	3	4
5	hot- or short-tempered, low boiling point	0	1	2	3	4
6	temper outbursts, tantrums	0	1	2	3	4
7	trouble with stick-to-it-tiveness, not following through, failing to finish things started	0	1	2	3	4
8	stubborn, strong-willed	0	1	2	3	4
9	sad or blue, depressed, unhappy	0	1	2	3	4
10	disobedient with parents, rebellious, sassy	0	1	2	3	4
11	low opinion of myself	0	1	2	3	4
12	irritable	0	1	2	3	4
13	moody, ups and downs	0	1	2	3	4
14	angry	0	1	2	3	4
15	acting without thinking, impulsive	0	1	2	3	4
16	tendency to be immature	0	1	2	3	4
17	guilty feelings, regretful	0	1	2	3	4

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		Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
18	Losing control of myself	0	1	2	3	4
19	Tendency to be or act irrational	0	1	2	3	4
20	Unpopular with other children, didn't keep friends for long, didn't get along with other children	0	1	2	3	4
21	Trouble seeing things from someone else's point of view	0	1	2	3	4
22	Trouble with authorities, trouble with school, visits to principal's office	0	1	2	3	4
23	As a child in school I was (or had): overall a poor student, slow learner	0	1	2	3	4
24	Trouble with mathematics or numbers	0	1	2	3	4
25	Not achieving up to potential	0	1	2	3	4

Scoring

Total your scores from all 25 items

Total Score:

- The maximum possible score is **100**
- A score of **36 or higher** suggests the possible existence of ADHD.
- A cutoff score of 36 correctly identifies 96% of adults with ADHD and 96% without. A higher cutoff score of 46 correctly identifies 99% of adults with ADHD and 86% without.

Source: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7303368/>

While these scores suggest the possibility of ADHD, it's important to note that this is not a definitive diagnosis. Only a qualified healthcare professional can diagnose ADHD after a comprehensive evaluation.