

Self-Report WRAADDs (categorized)

Patient Initials: _____

Patient Number: _____

Date: _____

As an adult, do you have, are you, or do you:	None or slightly	Mildly	Moderately	Quite a bit	Very much
ATTENTION DIFFICULTIES					
Concentration problems, difficulty focusing					
Problems with mind wandering, daydreaming					
Distractible					
Difficulty listening, following conversations, others complain that you do not listen					
Problems paying attention in lectures, meetings, or programs					
Problems reading, frequently have to re-read, dislike reading					
HYPERACTIVITY/RESTLESSNESS					
Overactive, restless, always on the go					
Tense, on edge, difficulty relaxing					
Fidgety, difficulty sitting still					
TEMPER					
Hot- or short-tempered, low boiling point					
Temper outbursts, losing control (loud, abusive, regret actions)					
Irritable					
AFFECTIVE LABILITY					
Short periods of being sad, depressed or discouraged					
Feel easily bored, quickly lose interest					
Moody, up and down, both positive and negative					
Get too excited, go too fast, or talk too much					
EMOTIONAL OVER-REACTIVITY					
Feel overwhelmed, "hassled", frustrated					
Feel things very intensely, overly emotional					
Over-react to pressure, blow things out of proportion, become upset easily					
Under stress even simple responsibilities are too demanding – Pressures or stress causes anxiousness, disorganization or confusion					
DISORGANIZATION					
Trouble with stick-to-it-iveness, not finishing things once they are started					
Difficulties organizing time, setting priorities, and working in an organized manner.					
Forget to do things, miss obligations, often late					
Problems getting started, putting things off, procrastinating					
Misplace things like keys, purse, wallet, or things around the house or at work					
IMPULSIVITY					
Being verbally impulsive – blurt things out, speak without thinking, intrude on others					
Rush through things too quickly, make careless mistakes					
Impulsive spending, trouble managing money					

As an adult, do you have, are you, or do you:	None or slightly	Mildly	Moder- ately	Quite a bit	Very much
Acting without thinking, impulsive					
Impatient, or unable to wait, others regard you as impatient					
OPPOSITIONAL DEFIANT					
Trouble getting over things, have a hard time letting go, holding grudges					
Rebellious, have trouble with authority, rules, restrictions					
Tendency to feel that others are to blame for problems you have had					
Tend to annoy, tease others					
Get into disagreements, arguments					
Feeling bothered, easily annoyed					
Stubborn, strong-willed, trouble seeing things from someone else's point of view					
Feeling angry, resentful					
Intentionally forget, or delay doing things others want you to do					
NOS					
Feeling muddled, uneasy, confused, uncertain about life					
Incautious, dare-devilish, take chances					
Confusion, too many thoughts, too many "channels" in mind all at once					
Trouble with authorities, legal problems					
Not effective, put in effort, but do not get things done					
Difficulty waking up, slow to get started					
Minor physical symptoms like headaches, stomach problems, muscle aches and pains					
ACADEMIC PROBLEMS AS AN ADULT:					
Problems with numbers, mathematics					
Trouble with directions, manuals, instructions					
Worried about capacity to learn, going to school, exploring new areas					
Trouble applying full ability or mental capacity to work or tasks					
SOCIAL ADJUSTMENT AS AN ADULT:					
Lack of interest in work, school, or activities					
Dislike, awkward or feel uneasy in groups/social activities					
Relationship with spouse/significant other stressful, difficult, or distant					
Trouble making & keeping friends, few social contacts					
Financial difficulty, not enough money for current needs					
Friction, difficulty in communication with family members					
Upset, distressed, or bothered with work					
Feeling inadequate at work or school (or as homemaker), not doing well enough					
Few leisure activities, hobbies					
Relations with relatives distant or stressed					
Work achievement disappointing, feel unsuccessful					