

ADULT ADHD QUALITY OF LIFE – 29 : (AAQoL-29)

The following questions are about how ADHD has impacted your life over the past 2 weeks. For each item, evaluate the degree or frequency with which you find each quality of life issue troublesome or problematic. Please answer each question by placing an X in the box (☐) for your response. There are no right or wrong answers.

PATIENT NAME: JOJO MUKK

TODAY'S DATE: 15/07/25

During the past 2 weeks, how difficult has it been for you to:

Not at all A little Somewhat A lot Extremely

- | | | | | | |
|---|----------------------------|----------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 1. Keep the house/apartment clean or uncluttered | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 2. Manage your finances, such as cashing checks, balancing your checkbook, paying bills on time | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input checked="" type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 3. Remember important things | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 4. Get your shopping done (such as for food, clothes, or household items) | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 5. Pay attention when interacting with others | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |

During the past 2 weeks, how often have you felt:

Not at all A little Somewhat A lot Extremely

- | | | | | | |
|--|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 6. Overwhelmed | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 7. Anxious | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 8. Depressed | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input checked="" type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 9. You have not been able to meet others' expectations of you (either at home or work) | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 10. You annoyed people | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input checked="" type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 11. Getting things done requires too much effort | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 12. People are frustrated with you | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input checked="" type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 13. You have overreacted in difficult or stressful situations | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 14. Your energy is well spent (has positive results) | <input type="checkbox"/> 1 | <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 15. Able to enjoy time spent with others | <input type="checkbox"/> 1 | <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 16. You can successfully manage your life | <input type="checkbox"/> 1 | <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 17. As productive as you would like to be | <input checked="" type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |

During the past 2 weeks, how troubled/bothered have you been by:

Not at all A little Somewhat A lot Extremely

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|---|---------------------------------------|---------------------------------------|---------------------------------------|----------------------------|----------------------------|
| 18. Tension in relationships | <input checked="" type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 19. Not having quality time to spend with others | <input type="checkbox"/> 1 | <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 20. Feeling fatigued | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input checked="" type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 21. Fluctuations (ups and downs) in your emotions | <input type="checkbox"/> 1 | <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |

During the past 2 weeks, how much of a problem has it been for you to:

Not at all A little Somewhat A lot Extremely

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|--|----------------------------|----------------------------|----------------------------|---------------------------------------|---------------------------------------|
| 22. Complete projects or tasks (either at work or home) | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 23. Get started with tasks you don't find interesting | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 24. Balance multiple projects | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 25. Get things done on time | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 26. Keep track of important items (such as keys, wallet) | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |

During the past 2 weeks, how often have you felt:

Not at all A little Somewhat A lot Extremely

- | | | | | | |
|--|----------------------------|----------------------------|----------------------------|---------------------------------------|---------------------------------------|
| 27. Good about yourself | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 28. People enjoy spending time with you | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 29. Your intimate relationship is going well emotionally | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 5 |

ADULT ADHD SELF-REPORT SCALE (ASRS-v 1.1) SYMPTOM CHECKLIST

PATIENT NAME: JOEL MARR

TODAY'S DATE: 15/07/25

Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.					
	Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?					X
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?				X	
3. How often do you have problems remembering appointments or obligations?				X	X
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					X
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					X
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?			X		
Part A					
7. How often do you make careless mistakes when you have to work on a boring or difficult project?					X
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?					X
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?					X
10. How often do you misplace or have difficulty finding things at home or at work?					X
11. How often are you distracted by activity or noise around you?					X
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?					X
13. How often do you feel restless or fidgety?					X
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?					X
15. How often do you find yourself talking too much when you are in social situations?			X		
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to before they can finish them themselves?					X
17. How often do you have difficulty waiting your turn in situations when turn-taking is required?				X	
18. How often do you interrupt others when they are busy?				X	
Part B					