

# About the Atrom Mindcare Instant ADHD Quiz

- **Introduction**

We have designed a self-administered screening tool that provides individuals with an initial assessment of potential ADHD symptoms. A score of 4 or higher suggests that professional evaluation may be beneficial. However, it's important to note that only a qualified clinician can provide an accurate ADHD diagnosis.

- **Methodology**

## **Adult ADHD Self-Report Scale (ASRS) v1.1**

The Adult ADHD Self-report Scale (ASRS) version 1.1 is a diagnostic tool for assessing Attention-Deficit/Hyperactivity Disorder (ADHD) in adults. Developed by the World Health Organization (WHO) and Harvard Medical School, it aligns with DSM-IV TR criteria and includes 18 items focused on inattention and hyperactivity-impulsivity.

- **Key Features**

- **Purpose:** Used for both screening and monitoring ADHD symptoms over time.
- **Format:** Self-reported, allowing individuals to share their symptom experiences directly.

- **Significance**

The ASRS v1.1 provides a standardized method for identifying adult ADHD, enhancing diagnostic accuracy and informing treatment planning. Its reliability and validity are supported by extensive validation studies, making it a valuable resource for healthcare professionals.

Research suggests that the symptoms of ADHD can persist into adulthood, significantly impacting relationships, careers, and even personal safety. Because this disorder is often misunderstood, many individuals do not receive appropriate treatment and may never reach their full potential. Part of the problem is the difficulty in diagnosing ADHD, particularly in adults.

The Adult ADHD Self-Report Scale (ASRS - v1.1) Symptom Checklist was developed in conjunction with the World Health Organization (WHO), and the Workgroup on Adult ADHD, which included the following team of psychiatrists and researchers:

- **Lenard Adler, MD:** Associate Professor of Psychiatry and Neurology, New York University Medical School
- **Ronald C. Kessler, PhD:** Professor, Department of Health Care Policy, Harvard Medical School
- **Thomas Spencer, MD:** Associate Professor of Psychiatry, Harvard Medical School

## Sources

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