

Wender Utah Rating Scale for the Attention Deficit Hyperactivity Disorder

For each of these items, check the box that best describes your behavior. Please complete this as if it were your WORST day!

Name: _____ **Gender:** _____ **Date:** _____

	As a child I was (or had):	Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
1	Active, restless, always on the go	0	1	2	3	4
2	Afraid of things	0	1	2	3	4
3	Concentration problems, easily distracted	0	1	2	3	4
4	Anxious, worrying	0	1	2	3	4
5	Nervous, fidgety	0	1	2	3	4
6	Inattentive, daydreaming	0	1	2	3	4
7	Hot- or short-tempered, low boiling point	0	1	2	3	4
8	Shy, sensitive	0	1	2	3	4
9	Temper outbreaks, tantrums	0	1	2	3	4
10	Trouble with stick-to-it-tiveness, not following through. Failing to finish things started	0	1	2	3	4
11	Stubborn, strong-willed	0	1	2	3	4
12	Sad or blue, depressed, unhappy	0	1	2	3	4
13	Incautious, dare-devilish, involved in pranks	0	1	2	3	4
14	Not getting a kick out of things, dissatisfied with life	0	1	2	3	4
15	Disobedient with parents, rebellious, sassy	0	1	2	3	4
16	Low opinion of myself	0	1	2	3	4
17	Irritable	0	1	2	3	4
18	Outgoing, friendly, enjoyed company of people	0	1	2	3	4
19	Sloppy, disorganized	0	1	2	3	4
20	Moody, ups and downs	0	1	2	3	4
21	Angry	0	1	2	3	4
22	Friends, popular	0	1	2	3	4
23	Well-organized, tidy, neat	0	1	2	3	4
24	Acting without thinking, impulsive	0	1	2	3	4
25	Tendency to be immature	0	1	2	3	4
26	Guilty feelings, regretful	0	1	2	3	4
27	Losing control of myself	0	1	2	3	4
28	Tendency to be or act irrational	0	1	2	3	4
29	Unpopular with other children, didn't keep friends for long, didn't get along with other children	0	1	2	3	4
30	Poorly coordinated, did not participate in sports	0	1	2	3	4
31	Afraid of losing control of self	0	1	2	3	4
32	Well-coordinated, picked first in games	0	1	2	3	4
33	Tomboyish (for women only)	0	1	2	3	4
34	Running away from home	0	1	2	3	4
35	Getting into fights	0	1	2	3	4
36	Teasing other children	0	1	2	3	4

37	Leader, bossy	0	1	2	3	4
38	Difficulty getting awak	0	1	2	3	4
39	Follower, led around too much	0	1	2	3	4
40	Trouble seeing things from someone else's point of view	0	1	2	3	4
41	Trouble with authorities, trouble with school, visits to principal's office	0	1	2	3	4
42	Trouble with police, booked, convicted	0	1	2	3	4

	Medical problems as a child	Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
43	Headaches	0	1	2	3	4
44	Stomach aches	0	1	2	3	4
45	Constipation	0	1	2	3	4
46	Diarrhea	0	1	2	3	4
47	Food allergies	0	1	2	3	4
48	Other allergies	0	1	2	3	4
49	Bedwetting	0	1	2	3	4

	As a child in school I was (or had)	Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
50	Overall a good student, fast	0	1	2	3	4
51	Overall a poor student, slow learner	0	1	2	3	4
52	Slow in learning to read	0	1	2	3	4
53	Slow reader	0	1	2	3	4
54	Trouble reversing letters	0	1	2	3	4
55	Problems with spelling	0	1	2	3	4
56	Trouble with mathematics or numbers	0	1	2	3	4
57	Bad handwriting	0	1	2	3	4
58	Able to read pretty well but never really enjoyed reading	0	1	2	3	4
59	Not achieving up to potential	0	1	2	3	4
60	Repeating grades	0	1	2	3	4
61	Suspended or expelled	0	1	2	3	4