Wender-Reimherr Adult Attention Deficit Disorder Scale – Scale & Interview Guide
WRAADDS (May 2009)

Subject Identification __________________________  Date ________________  Rater _____________

This interview is intended to measure the severity of the seven target symptoms of the Utah Criteria in adults who have symptoms related to Attention Deficit Hyperactivity Disorder (ADHD). The symptoms should be present chronically, although they may be aggravated by stress. The scale is best evaluated when obtained during a joint interview with the subject and an informant such as a spouse or partner.

The individual questions should be followed by general probes in order to better understand the extent and severity of a particular problem:
How severe is this problem?
   How often has this occurred?
   Have others commented about this?
   What have they said?
   What difficulties or problems has this caused with other people, work, or school?

The individual items should be rated as follows:
   0 - None, not present
   1 - Mild, somewhat or sometimes true
   2 - Clearly present or often true

The summary scores should be based on the ratings of the specific questions, together with any other symptoms in the area reported by the subject. The summary score should not be a simple average of the individual ratings but rather an integration of the extent and severity of the deficits within the domain. For example, if only one question group is rated as clearly present, a rating of “4” might be appropriate if this one factor is causing significant problems.

Summary Ratings:
   0 - None
   1 - Mild
   2 - Moderate
   3 - Quite a bit
   4 - Very much
**Attentional difficulties:**
Manifested by an inability to keep mind on conversations, distractibility (being aware of other stimuli when attempts are made to filter them out); difficulty keeping mind on reading materials or task; "mind frequently somewhere else."

**Short attention span**
Trouble concentrating on a single thought for reasonable periods of time

**Distractibility**
Can’t re-focus when interrupted

**Difficulty listening**
Frequently missing the point of discussions

**Listening when in an audience**
(May use news or educational type programs as an alternative area if the subject does not engage in these activities.)

**Attention with reading**

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Subject Identification______________
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1. **Attention Difficulties:**
   Summary Rating 0-4  _______

   - Do you have difficulties keeping your attention on things, concentrating, focusing?
   - Do you have problems with your mind wandering?
     
     | Rating | 0 | 1 | 2 |
     |--------|---|---|---|
     | 0      |   |   |   |
     | 1      |   |   |   |
     | 2      |   |   |   |

   - Are you easily distracted?
   - Do you have problems concentrating if sounds or any other distractions are present?
     
     | Rating | 0 | 1 | 2 |
     |--------|---|---|---|
     | 0      |   |   |   |
     | 1      |   |   |   |
     | 2      |   |   |   |

   - Do you have difficulty keeping your mind on conversations?
   - Do others complain that you do not listen, that you don't pay attention to them when they're talking?
     
     | Rating | 0 | 1 | 2 |
     |--------|---|---|---|
     | 0      |   |   |   |
     | 1      |   |   |   |
     | 2      |   |   |   |

   - In formal settings such as classes, meetings, church, programs or lectures, do you have difficulty paying attention to the speaker?
   - (Do not rate this item if the subject does not engage in these activities.)
     
     | Rating | 0 | 1 | 2 |
     |--------|---|---|---|
     | 0      |   |   |   |
     | 1      |   |   |   |
     | 2      |   |   |   |

   - Do you have difficulty keeping your mind on reading?
   - Do you avoid or dislike reading anything which is not of special interest?
   - Do you frequently have to re-read because your mind drifts off?
   - Or do you have difficulty comprehending written material?
     
     | Rating | 0 | 1 | 2 |
     |--------|---|---|---|
     | 0      |   |   |   |
     | 1      |   |   |   |
     | 2      |   |   |   |
**Persistent motor hyperactivity:**
Manifested by restlessness, inability to relax, "nervousness" (meaning inability to settle down—not anticipatory anxiety), inability to persist in sedentary activities (e.g., watching movies, TV, reading the newspaper), being always on the go, dysphoric when inactive.

**Feeling tense, restless**
Internal feelings, nervousness,

**Overactivity, physical restlessness**

**Fidgetiness, can’t sit still**

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2. **Hyperactivity/Restlessness:**

Summary Rating 0-4 ________

- Do you have difficulty relaxing?
- Do you often feel restless or tense?
  - 0  1  2

- Are you overactive; do you prefer to be always on the go?
- Do you have difficulty remaining seated at work, school, or home?
- Do you have to get up and move around frequently?
- Are you unable to sit through a movie or TV show?
  - 0  1  2

- Are you fidgety? Do people notice that you are fidgety?
- Do you have difficulty sitting still; do you frequently shift your position?
- Do you drum your fingers, play with things, move your legs, bite your nails, twirl your hair or tap your feet?
  (either by report or observation)
  - 0  1  2
**Hot temper, explosive short-lived outbursts:**
Subject reports he may have transient loss of control and be frightened by his own behavior.
Easily provoked or constant irritability.
Temper problems interfere with personal relationships.

**Irritability**

Do you frequently feel irritable or angry with your spouse, children, or other family members or at work, driving, or in other situations?

- **0**
- **1**
- **2**

**Temper Outbursts**

Do you have angry outbursts or lose your temper easily?

Do you have a "short fuse" or a "low boiling point"?

- **0**
- **1**
- **2**

**Lack of Control**

Interference in work or personal relationships

Does your temper cause problems for you?

Do you lose control during temper outbursts?

(saying things you regret, becoming aggressive, acting in a threatening manner, or behaving impulsively)

- **0**
- **1**
- **2**

3. **Temper:**

Summary Rating 0-4 _______
Affective lability:
Usually described as antedating adolescence and in some instances beginning as far back as the patient can remember. Manifested by definite shifts from a normal mood to depression or mild euphoria or—more often—excitement; depression described as being "down," "bored," or "discontented"; mood shifts usually last hours to at most a few days and are present without significant physiological concomitants; mood shifts may occur spontaneously or be reactive.

Mood fluctuations
(differs from over-reactivity because it is chronic and persistent)

Dysphoric periods

Boredom

Over stimulation
Might occur in social situations, becoming too excited, being too loud, boisterous

4. Affective Lability:
Summary Rating 0-4 ________

Prior to scoring this question, the rater must differentiate between a major mood disorder and the lability of mood in subjects with ADHD. ADHD related dysphoria is generally brief, lasting hours, and usually has an identifiable precipitant. The exception is when the subject experiences persistent life problems (often self-produced), when the period of dysphoria may be extended. Similarly, distinguish between excitement (which may be mild) and over-enthusiasm from mood elevation with a manic quality.

ADHD subjects may be comorbid for a major depression. Determine duration and frequency of episodes and presence of somatic concomitants to help distinguish discouragement, moodiness, and demoralization found in ADHD from major depression with its loss of interest and loss of the ability to experience pleasure.

Does your mood change frequently, going up and down - like a roller coaster in the sense of getting sad or feeling "up"?
0 1 2

Do you often have periods of being sad, blue, or discouraged?
During these periods, are you overly self critical or down on yourself?
0 1 2

Do you often feel bored?
Do you easily lose interest in things?
0 1 2

Do you have periods of being excessively active, hyper, getting too excited, going too fast, or talking too much?
0 1 2
Emotional over-reactivity:
Subject cannot take ordinary stresses in stride and reacts excessively or inappropriately with depression, confusion, uncertainty, anxiety, or anger.
Emotional responses interfere with appropriate problem solving.
Subject experiences repeated crises in dealing with routine life stresses.
Describes self as easily "hassled" or "stressed out."

Overwhelmed, emotional
Feels things intensely.

Do you easily get feelings of being overwhelmed?
Do you frequently feel "hassled", frustrated?
0 1 2

Do you overreact to pressure, blow things out of proportion? Do small problems seem too difficult; do you "make mountains out of molehills"?
0 1 2

Reactivity

Impairment
Under stress even simple responsibilities are too demanding.

When these reactions occur, do you have difficulties in managing tasks or getting things done? With pressures or stresses, do you become anxious, disorganized or confused?
0 1 2
**Disorganization, inability to complete tasks:**
The subject reports lack of organization in job, running household, or performing school work; tasks frequently not completed; subject switches from one task to another in haphazard fashion; disorganization in activities, problem solving, organizing time, lack of "stick-to-it-iveness." frequent "forgetfulness"; often losing or misplacing things, forgetting plans, car keys, purse, etc.;

**Organization in general**

**Problems sticking to tasks**
Tasks not completed or things take longer due to skipping from one task to another

**Keeping track of items, obligations**
Misplacing necessary work and household items, forgetting obligations (If this problem is eliminated by careful organization, it should be rated as zero.)

**Procrastination, avoidance**
Makes poor choices regarding what should be and what should not be put off

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**6. Disorganization:**
**Summary Rating 0-4 ________**

Do you have problems with organization at home, work or school?
Do you have difficulties organizing your time, setting priorities, working in an organized manner?

0     1     2

Do you jump from one task to another before finishing the first?
Do you have trouble “with stick-to-itive-ness”? Do you start projects, but have trouble staying with them to completion?

0     1     2

Are you forgetful? Do you forget to return phone calls or to keep appointments?
Do you frequently misplace things like keys, purse, wallet, or things around the house or at work?

0     1     2

Do you have problems getting started, putting things off, procrastinating?
Do you put off everything to the last minute? Do you have trouble meeting deadlines?

0     1     2

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**Impulsivity:**
Minor manifestations include talking before thinking things through; interrupting others' conversations; impatience (e.g., while driving); impulse buying. Major manifestations may be similar to those seen in mania and Antisocial Personality Disorder and include, to varying degrees, poor occupational performance; abrupt initiation or termination of relationships (e.g., multiple marriages, separations, divorces); antisocial behavior such as joy-riding, shop-lifting; excessive involvement in pleasurable activities without recognizing risks of painful consequences (e.g., buying sprees, foolish business investments, reckless driving). Subject makes decisions quickly and easily without reflection, often on the basis of insufficient information, to his own disadvantage; inability to delay acting without experiencing discomfort.

**Impulsive decisions**

**Verbally impulsive**
Blurt out answers before questions are completed, intrusive

**Impulsive with money**
Produces financial problems

**Problems with details/careless mistakes**
Care sacrificed for speed, hard to check work

**Impatience**
Trouble waiting for your turn, can’t stand lines or traffic, rush into things skipping instructions

**7. Impulsivity:**
Summary Rating 0-4 ________

Do you have problems with being impulsive? Do you frequently jump into things without thinking? Do you make sudden decisions without thinking?

0   1   2

Are you impulsive in talking? Do you interrupt others? Do you finish sentences for others? Do you say things without thinking, or blurt things out? Do you frequently regret what you have said?

0   1   2

Are you impulsive with money? Do you impulse buy or have trouble managing money?

0   1   2

Do you rush through activities or work? Try to do things too quickly? Do you frequently ignore details? Do you make careless mistakes?

0   1   2

Are you impatient, or unable to wait? Do others regard you as impatient (friends, family)?

0   1   2