Screening Instruments

NOTE: This is only a suggested list of screening instruments. Screening tools have not been validated as stand-alone assessments for mental health disorders, and must be incorporated into the entire pre-participation evaluation. Trained experts at your institution may appropriately select other screening approaches. Athletics may alternatively or additionally choose to join with campus-wide screening programs conducted in conjunction with campus counseling centers, such as College Response (www.mentalhealthscreening.org).
SCREENING TOPIC: ADHD

Measure: Adult ADHD Self-Report Scale (ASRS-v1.1) Screener


NOTE: As with all mental health concerns, it is important to facilitate a specialty referral to establish an ADHD diagnosis; by doing so, the clinician with expertise in assessment of these issues can effectively rule out other explanations for attention difficulties, including, but not limited to, disordered sleep, overtraining, anxiety, depression, stress and poor time management. It is important to note that although ADHD can develop in emerging adults, it is primarily a developmental disorder with childhood onset.

Select the response option that best describes how you have felt and conducted yourself over the past six months.

1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?
3. How often do you have problems remembering appointments or obligations?
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?

Scoring: Response options are never, rarely, sometimes, often and very often. For each of questions 1, 2 and 3, assign one point to a response of sometimes, often or very often. For each of questions 4, 5 and 6, assign one point to a response of often or very often. Sum all scores.

Interpretation: A score of four or more indicates that symptoms may be consistent with Adult ADHD, and a follow-up consultation with a health care provider can determine whether a further evaluation is appropriate.