

CAARS-Self-Report: Long Version (CAARS-S:L)

Patient information

Name: _____ Date of birth: _____ Age: _____
Gender: _____ Date of assessment: _____

Instructions

Listed below are items concerning behaviors or problems sometimes experienced by adults. Read each item carefully and decide how much or how frequently each item describes you recently. Indicate your response for each item by selecting the number that corresponds to your choice.

Use the following scale:

- 0 = Not at all, never
- 1 = Just a little, once in a while
- 2 = Pretty much, often
- 3 = Very much, very frequently

Statement	0	1	2	3
1. I like to be doing active things.				
2. I lose things necessary for tasks or activities (e.g. to-do-lists, pencils, books, or tools.)				
3. I don't plan ahead.				
4. I blurt out things.				
5. I am a risk-taker or a daredevil.				
6. I get down on myself.				
7. I don't finish things I start.				
8. I am easily frustrated.				
9. I talk too much.				
10. I am always on the go, as if driven by a motor.				
11. I'm disorganized.				
12. I say things without thinking.				
13. It's hard for me to stay in one place very long.				
14. I have trouble doing leisure activities quietly.				
15. I'm not sure of myself.				
16. It's hard for me to keep track of several things at once.				
17. I'm always moving even when I should be still.				
18. I forget to remember things.				
19. I have a short fuse/hot temper.				
20. I'm bored easily.				
21. I leave my seat when I am not supposed to.				
22. I have trouble waiting in line or taking turns with others.				
23. I still throw tantrums.				
24. I have trouble keeping my attention focused when working.				
25. I seek out fast-paced, exciting activities.				
26. I avoid new challenges because I lack faith in my abilities.				

Use the following scale:

- **0** = Not at all, never
- **1** = Just a little, once in a while
- **2** = Pretty much, often
- **3** = Very much, very frequently

Statement	0	1	2	3
27. I feel restless inside even if I am sitting still.				
28. Things I hear or see distract me from what I'm doing.				
29. I am forgetful in my daily activities.				
30. Many things set me off easily.				
31. I dislike quiet, introspective activities.				
32. I lose things that I need.				
33. I have trouble listening to what other people are saying.				
34. I am an underachiever.				
35. I interrupt others when talking.				
36. I change plans/jobs in midstream.				
37. I act okay on the outside, but inside I'm unsure of myself.				
38. I am always on the go.				
39. I make comments/remarks that I wish I could take back.				
40. I can't get things done unless there's an absolute deadline.				
41. I fidget (with my hands or feet) or squirm in my seat.				
42. I make careless mistakes or have trouble paying close attention to detail.				
43. I step on people's toes without meaning to.				
44. I have trouble getting started on a task.				
45. I intrude on others' activities.				
46. It takes a great deal of effort for me to sit still.				
47. My moods are unpredictable.				
48. I don't like homework or job activities where I have to think a lot.				
48. I'm absent-minded in daily activities.				
50. I am restless or overactive.				
51. I depend on others to keep my life in order and attend to the details.				
52. I annoy other people without meaning to				
53. Sometimes my attention narrows so much that I'm oblivious to everything else' other times it's so broad that everything distracts me.				
54. I tend to squirm or fidget.				
55. I can't keep my mind on something unless it's really interesting.				
56. I wish I had greater-confidence in my abilities.				
57. I can't sit still for very long.				
58. I give answers to questions before the questions have been completed.				
59. I like to be up and on the go rather than being in one place.				
60. I have trouble finishing job tasks or schoolwork.				

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Statement	0	1	2	3
61. I am irritable.				
62. I interrupt others when they are working or playing.				
63. My past failures make it hard for me to believe in myself.				
64. I am distracted when things are going on around me.				
65. I have problems organizing tasks and activities.				
66. I misjudge how long it takes to do something or go somewhere.				

Healthcare professional information

Name: _____ License ID number: _____

Contact information: _____ Signature: _____


Scoring sheet


Patient information

Client ID: _____ Name: _____
 Gender: _____ Date of birth: _____ Age: _____ Today's date: _____

Instructions

Transfer the selected numbers into unshaded boxes across each row, as indicated on either side of the scoring grid. Each selected number will be copied once or twice.

Transfer each selected number into boxes that look like this. 

 Transfer each selected number into boxes that look like this.

Item #	A	B	C	D	E	F	G	H	Item #				
34	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	1
35	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	2
36	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	3
37	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	4
38	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	5
39	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	6
40	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	7
41	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	8
42	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	9
43	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	10
44	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	11
45	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	12
46	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	13
47	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	14
48	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	15
49	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	16
50	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	17
51	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	18
52	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	19
53	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	20
54	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	21
55	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	22
56	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	23
57	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	24
58	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	25
59	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	26
60	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	27
61	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	28
62	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	29
63	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	30
64	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	31
65	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	32
66	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0					<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	33

To obtain raw scores, add the numbers in the white boxes for each column (A to H) and enter the sum in the box at the bottom of the columns.

A B C D E F G H

Inconsistency index (Scoring instructions)

Copy the selected scores for the specified items into the appropriate boxes. For each pair of items, subtract the lower value from the higher value and write the difference in the box beneath. Sum the differences and write the total in the Inconsistency index TOTAL box. Refer to the Inconsistency index guide to the right.

Raw score

Item 11	Item 49	Item 40	Item 44	Item 20	Item 25	Item 13	Item 27	Item 30	Item 47	Item 19	Item 23	Item 6	Item 37	Item 28	Item 63
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Absolute difference

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
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Inconsistency index total

Inconsistency index guide

Is the Inconsistency index TOTAL 8 or greater?

Yes No

If the answer is "yes" there may be some inconsistency to the responses. The results should be interpreted with caution.

Scoring and interpretation

- For scoring the CAARS, plot the findings according to the demographic of the patient (refer to Profile - male; Profile - female)
- Scores are converted into T-scores, which standardize the results with a mean of 50 and a standard deviation of 10.
- A T-score of 65 or higher is designated as CAARS-positive, signaling the presence of clinically significant ADHD symptoms.

Additional notes

Reference

Conners, C. K., Erhardt, D., & Sparrow, E. (1999). *Conners' Adult ADHD Rating Scales (CAARS) technical manual*. North Tonawanda, NY: Multi-Health Systems