

WENDER UTAH RATING SCALE (WURS)

Patient's Name: _____

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					
2. Afraid of things					
3. Concentration problems, easily distracted					
4. Anxious, worrying					
5. Nervous, fidgety					
6. Inattentive, daydreaming					
7. Hot or short tempered, low boiling point					
8. Shy, sensitive					
9. Temper outbursts, tantrums					
10. Trouble stick-to-it-ivenessing, not following through, failing to finish things started					
11. Stubborn, strong willed					
12. Sad or blue, depressed, unhappy					
13. Uncautious, dare-devilish, involved in pranks					
14. Not getting a kick out of things, dissatisfied with life					
15. Disobedient with parents, rebellious, sassy					
16. Low opinion of myself					
17. Irritable					
18. Outgoing, friendly, enjoy company of people					
19. Sloppy, disorganized					
20. Moody, have ups and downs					
21. Feel angry					
22. Have friends, popular					
23. Well organized, tidy, neat					
24. Acting without thinking, impulsive					
25. Tend to be immature					
26. Feel guilty, regretful					
27. Lose control of myself					
28. Tend to be or act irrational					
29. Unpopular with other children, didn't keep friends for long, didn't get along with other children					
30. Poorly coordinated, did not participate in sports					
31. Afraid of losing control of self					
32. Well coordinated, picked first in games					
33. (for women only) Tomboyish					
34. Ran away from home					
35. Get in fights					
36. Teased other children					
37. Leader, bossy					
38. Difficulty getting awake					
39. Follower, lead around too much					

40. Trouble seeing things from someone else's point of view					
41. Trouble with authorities, trouble with school, visits to principal's office					
42. Trouble with the police, booked, convicted					
MEDICAL PROBLEMS AS A CHILD:					
43. Headaches					
44. Stomachaches					
45. Constipation					
46. Diarrhea					
47. Food allergies					
48. Other allergies					
49. Bedwetting					
AS A CHILD IN SCHOOL:					
50. Overall a good student, fast					
51. Overall a poor student, slow learner					
52. Slow reader					
53. Slow in <i>learning</i> to read					
54. Trouble reversing letters					
55. Problems with spelling					
56. Trouble with mathematics or numbers					
57. Bad handwriting					
58. Though I could read pretty well, I never really enjoyed reading					
59. Did not achieve up to potential					
60. Repeated grades (which grades?) _____					
61. Suspended or expelled (which grades?) _____					

From Paul H. Wender, *Attention-Deficit Hyperactivity Disorder in Adults* (New York: Oxford University Press, 1995)