

Do any of these sound familiar?

- I am often quickly distracted¹
- I find it difficult to complete things¹
- I am terrible at organising things¹
- I have difficulty listening¹

- Sometimes I feel like I'm always busy¹
- I can never relax peacefully¹

- I am so impatient¹
- I often act without thinking¹
- I am impulsive in relationships and jobs¹

Did you even read all of these?
You could have Adult ADHD

Call the SADAG helpline on
0800 55 44 33 if you think
you may have Adult ADHD



Adult Self-Report Scale-VI.1 (ASRS-VI.1) Screener² from WHO Composite International Diagnostic Interview

Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.

	Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How often do you have difficulty getting things in order when you have to do a task that requires organisation?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How often do you have problems remembering appointments or obligations?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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References: 1. Kooij SJJ. Adult ADHD Diagnostic Assessment and Treatment. Pearson Assessment and Information BV, Amsterdam, the Netherlands. Third Edition 2010; 18-19. 2. Adler L, Kessler R, Spencer T. Adult ADHD Self-Report Scale-V1.1 (ASRS-v1.1) Screener from WHO Composite. International Diagnostic interview. 2003.

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