

Name

UCC Student Number

Date of Birth:

Wender Utah Rating Scale

The original Wender Utah Rating Scale is 61 questions. This version represents the 25 questions most associated with ADHD.

As a child I was (or had):	not at all or very slightly	mildly	moderately	quite a bit	very much
1. concentration problems, easily distracted					
2. anxious, worrying					
3. nervous, fidgety					
4. inattentive, daydreaming					
5. hot- or short-tempered, low boiling point					
6. temper outbursts, tantrums					
7. trouble with stick-to-it-tiveness, not following through, failing to finish things started					
8. stubborn, strong-willed					
9. sad or blue, depressed, unhappy					
10. disobedient with parents, rebellious, sassy					
11. low opinion of myself					
12. irritable					
13. moody, ups and downs					
14. angry					
15. acting without thinking, impulsive					
16. tendency to be immature					
17. guilty feelings, regretful					
18. losing control of myself					
19. tendency to be or act irrational					
20. unpopular with other children, didn't keep friends for long, didn't get along with other children					
21. trouble seeing things from someone else's point of view					
22. trouble with authorities, trouble with school, visits to principal's office					
As a child in school I was (or had):					
23. overall a poor student, slow learner					
24. trouble with mathematics or numbers					
25. not achieving up to potential					