

# CAARS-Self-Report: Short Version (CAARS-S:S)

by C. K. Conners, Ph.D., D. Erhardt, Ph.D., & E. P. Sparrow, M.A.

Client ID: \_\_\_\_\_ Gender: **M** **F**  
(Circle One)

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_ Today's Date: \_\_\_/\_\_\_/\_\_\_  
Month Day Year Month Day Year

**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 circling 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; and 3 = Very much, very frequently.

	Not at all, never	Just a little, once in a while	Pretty much, often	Very much, very frequently
1. I interrupt others when talking.	0	1	2	3
2. I am always on the go as if driven by a motor.	0	1	2	3
3. I'm disorganized.	0	1	2	3
4. It's hard for me to stay in one place very long.	0	1	2	3
5. It's hard for me to keep track of several things at once.	0	1	2	3
6. I'm bored easily.	0	1	2	3
7. I have a short fuse/hot temper.	0	1	2	3
8. I still throw tantrums.	0	1	2	3
9. I avoid new challenges because I lack faith in my abilities.	0	1	2	3
10. I seek out fast paced, exciting activities.	0	1	2	3
11. I feel restless inside even if I am sitting still.	0	1	2	3
12. Things I hear or see distract me from what I'm doing.	0	1	2	3
13. Many things set me off easily.	0	1	2	3
14. I am an underachiever.	0	1	2	3
15. I get down on myself.	0	1	2	3
16. I act okay on the outside, but inside I'm unsure of myself.	0	1	2	3
17. I can't get things done unless there's an absolute deadline.	0	1	2	3
18. I have trouble getting started on a task.	0	1	2	3
19. I intrude on others' activities.	0	1	2	3
20. My moods are unpredictable.	0	1	2	3
21. I'm absent-minded in daily activities.	0	1	2	3
22. Sometimes my attention narrows so much that I'm oblivious to everything else; other times it's so broad that everything distracts me.	0	1	2	3
23. I tend to squirm or fidget.	0	1	2	3
24. I can't keep my mind on something unless it's really interesting.	0	1	2	3
25. I wish I had greater confidence in my abilities.	0	1	2	3
26. My past failures make it hard for me to believe in myself.	0	1	2	3

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# CAARS-Self-Report Scale: Short Version (CAARS-S:S)

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(Circle One)

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_ Today's Date: \_\_\_/\_\_\_/\_\_\_ Name: \_\_\_\_\_  
Month Day Year Month Day Year

**Instructions:** Transfer circled numbers into the unshaded boxes across each row, as indicated below. Each circled number will be copied once or twice.

Transfer each circled number below into boxes that look like this.

	A	B	C	D	E					Item #
1						0	1	2	3	1
2						0	1	2	3	2
3						0	1	2	3	3
4						0	1	2	3	4
5						0	1	2	3	5
6						0	1	2	3	6
7						0	1	2	3	7
8						0	1	2	3	8
9						0	1	2	3	9
10						0	1	2	3	10
11						0	1	2	3	11
12						0	1	2	3	12
13						0	1	2	3	13
14						0	1	2	3	14
15						0	1	2	3	15
16						0	1	2	3	16
17						0	1	2	3	17
18						0	1	2	3	18
19						0	1	2	3	19
20						0	1	2	3	20
21						0	1	2	3	21
22						0	1	2	3	22
23						0	1	2	3	23
24						0	1	2	3	24
25						0	1	2	3	25
26						0	1	2	3	26
	A	B	C	D	E					

**Inconsistency Index Guide** (use information from below)

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.

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

**Inconsistency Index** Copy the circled 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 on the left side of the page.

(Scoring Instructions)

Raw Score	Item 3	Item 21	Item 17	Item 18	Item 6	Item 10	Item 4	Item 11	Item 13	Item 20	Item 7	Item 8	Item 15	Item 16	Item 9	Item 26	Inconsistency Index TOTAL
Absolute Difference																	

