

Adult ADHD Quality of Life – 29: (AAQoL-29)

Patient information					
Name:		Date of birth:			
Gender:		Date of assessment:			
<p><i>The following questions are about how ADHD has impacted your life over the past 2 weeks. For each item, evaluate the degree or frequency with which you find each quality of life issue troublesome or problematic. Please answer each question by placing an X in the box (☒) for your response. There are no right or wrong answers.</i></p>					
<p>1 - Not at all; 2 - A little; 3 - Somewhat; 4 - A lot; 5 - Extremely</p>					
During the past 2 weeks, how difficult has it been for you to:	1	2	3	4	5
1. Keep the house/apartment clean or uncluttered					
2. Manage your finances, such as cashing checks, balancing your checkbook, paying bills on time					
3. Remember important things					
4. Get your shopping done (such as for food, clothes, or household items)					
5. Pay attention when interacting with others					
During the past 2 weeks, how often have you felt:	1	2	3	4	5
6. Overwhelmed					
7. Anxious					
8. Depressed					
9. You have not been able to meet others' expectations of you (either at home or work)					
10. You annoyed people					
11. Getting things done requires too much "effort"					
12. People are frustrated with you					
13. You have overreacted in difficult or stressful situations					
14. Your energy is well spent (has positive results)					
15. Able to enjoy time spent with others					

1 - Not at all; 2 - A little; 3 - Somewhat; 4 - A lot; 5 - Extremely					
During the past 2 weeks, how often have you felt:	1	2	3	4	5
16. You can successfully manage your life					
17. As productive as you would like to be					
During the past 2 weeks, how troubled/bothered have you been by:	1	2	3	4	5
18. Tension in relationships					
19. Not having quality time to spend with others					
20. Feeling fatigued					
21. Fluctuations (ups and downs) in your emotions					
During the past 2 weeks, how much of a problem has it been for you to:	1	2	3	4	5
22. Complete projects or tasks (either at work or home)					
23. Get started with tasks you don't find interesting					
24. Balance multiple projects					
25. Get things done on time					
26. Keep track of important items (such as keys, wallet)					
During the past 2 weeks, how often have you felt:	1	2	3	4	5
27. Good about yourself					
28. People enjoy spending time with you					
29. Your intimate relationship is going well emotionally					
Total score:					
Scoring					
<ul style="list-style-type: none"> For each item, assign a score from 1 to 5 based on the patient's response. Some items are reverse-scored (typically, negatively worded items). For these, the scoring is inverted (e.g., a "1" becomes a "5"). Sum the item scores for each domain and for the overall scale. Calculate the total raw score for each domain by summing the scores of the items within that domain. Transform raw domain and total scores to a 0-100 scale: $\text{Transformed score} = ((\text{Raw Score} - \text{Minimum Possible Score}) / (\text{Maximum Possible Score} - \text{Minimum Possible Score})) \times 100$					

Interpretation

- Higher scores = Better quality of life.
- Lower scores = More severe ADHD-related quality-of-life impairment.
- Scores are interpreted as follows:
 - 0–25: Severe impairment
 - 26–50: Moderate impairment
 - 51–75: Mild impairment
 - 76–100: Little or no impairment

Additional notes

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment: