



## Wender Utah Rating Scale - 25 item version (WURS-25)

### Instructions:

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	0	1	2	3	4
2	anxious, worrying	0	1	2	3	4
3	nervous, fidgety	0	1	2	3	4
4	inattentive, daydreaming	0	1	2	3	4
5	hot- or short-tempered, low boiling point	0	1	2	3	4
6	temper outbursts, tantrums	0	1	2	3	4
7	trouble with stick-to-it-tiveness, not following through, failing to finish things started	0	1	2	3	4
8	stubborn, strong-willed	0	1	2	3	4
9	sad or blue, depressed, unhappy	0	1	2	3	4
10	disobedient with parents, rebellious, sassy	0	1	2	3	4
11	low opinion of myself	0	1	2	3	4
12	irritable	0	1	2	3	4
13	moody, ups and downs	0	1	2	3	4
14	angry	0	1	2	3	4
15	acting without thinking, impulsive	0	1	2	3	4
16	tendency to be immature	0	1	2	3	4
17	guilty feelings, regretful	0	1	2	3	4



		Not at all or very slightly	Mildly	Moderately	Quite a bit	Very much
18	losing control of myself	0	1	2	3	4
19	tendency to be or act irrational	0	1	2	3	4
20	unpopular with other children, didn't keep friends for long, didn't get along with other children	0	1	2	3	4
21	trouble seeing things from someone else's point of view	0	1	2	3	4
22	trouble with authorities, trouble with school, visits to principal's office	0	1	2	3	4
23	As a child in school I was (or had): overall a poor student, slow learner	0	1	2	3	4
24	trouble with mathematics or numbers	0	1	2	3	4
25	not achieving up to potential	0	1	2	3	4

**Developer Reference:**

Ward, M. F., Wender, P. H., & Reimherr, F. W. (1993). The Wender Utah Rating Scale: an aid in the retrospective diagnosis of childhood attention deficit hyperactivity disorder. *The American Journal of Psychiatry*, 150(6), 885–890. <https://doi.org/10.1176/ajp.150.6.885>

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