



ADHD Clinical Outcome Scale - Self-Report Version (ACOS-Self)

Instructions:

During the past 2 weeks, how troubled have you been by

		Not at all	A little	Somewhat	A lot	Very much	Extremely
1	Hyperactivity /restlessness	0	1	2	3	4	5
2	Pay attention when doing things	0	1	2	3	4	5
3	Temper /anger outburst	0	1	2	3	4	5
4	Problems with alcohol and drugs	0	1	2	3	4	5
5	Ups and downs in your mood	0	1	2	3	4	5
6	Organising things	0	1	2	3	4	5
7	Impulsivity	0	1	2	3	4	5
8	Tension in relationships	0	1	2	3	4	5
9	Self-harm	0	1	2	3	4	5
10	Postponing things	0	1	2	3	4	5
11	Anxiety problems	0	1	2	3	4	5
12	Depression problems	0	1	2	3	4	5
13	Sleep problems	0	1	2	3	4	5
14	Study / work difficulties	0	1	2	3	4	5
15	Difficulties in the everyday personal life	0	1	2	3	4	5

Developer Reference:

Adamis, D., Singh, J., Coadá, I., Wrigley, M., Gavin, B., & McNicholas, F. (2024). Measuring clinical outcomes



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in adult ADHD clinics: Psychometrics of a new scale, the adult ADHD Clinical Outcome Scale. BJPsych Open, 10(6), e180. <https://doi.org/10.1192/bjo.2024.739>

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