Mindful Balance Psychiatry/CAARS-Self-Report

Short Version (CAARS-S:S)

Name: _____ **Today's Date:** _____

BIRTHDAY: _____ *AGE:* _____ *GENDER:* _____

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; 3 = Very much, frequently.**

	Not at all, never	Just a little, once in a while	Prety much often	Very much, very frequently
1. I interrupt others when talking.	0	1	2	3
2. I'm 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 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 am 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 am absent-minded in daily activities.	0	1	2	3
22. Sometimes my attention narrows so much that I am oblivious to everything else. Other times, it's so broad that everything distracts me.	0	1	2	3
23. I tend to squirm of widget.	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