

WENDER UTAH RATING SCALE

for ATTENTION DEFICIT HYPERACTIVITY DISORDER

Overview:

The Wender Utah Rating Scale can be used to assess adults for Attention Deficit Hyperactivity Disorder with a subset of 25 questions associated with that diagnosis.

Wender Utah Rating Scale

- 61 questions answered by the adult patient recalling his or her childhood behavior
- 5 possible responses scored from 0 to 4 points

	AS A CHILD I WAS (or had):	NOT AT ALL OR VERY SLIGHTLY	MILDLY	MODERATELY	QUITE A BIT	VERY MUCH
1	Active, restless, always on the go	0	1	2	3	4
2	afraid of things	0	1	2	3	4
3	concentration problems, easily distracted	0	1	2	3	4
4	Anxious, worrying	0	1	2	3	4
5	Nervous, fidgety	0	1	2	3	4
6	Inattentive, daydreaming	0	1	2	3	4
7	Hot or short-tempered, low boiling point	0	1	2	3	4
8	Shy, sensitive	0	1	2	3	4
9	temper outbursts, tantrums	0	1	2	3	4

10	trouble with stick-to-itiveness, not following through, failing to finish things started	0	1	2	3	4
11	Stubborn, strong-willed	0	1	2	3	4
12	sad or blue, depressed, unhappy	0	1	2	3	4
13	Incautious, dare-devilish, involved in pranks	0	1	2	3	4
14	not getting a kick out of things, dissatisfied with life	0	1	2	3	4
15	disobedient with parents, rebellious, sassy	0	1	2	3	4
16	low opinion of myself	0	1	2	3	4
17	Irritable	0	1	2	3	4
18	Outgoing, friendly, enjoyed company of people	0	1	2	3	4
19	Sloppy, disorganized	0	1	2	3	4
20	Moody, ups and downs	0	1	2	3	4
21	angry	0	1	2	3	4
22	friends popular	0	1	2	3	4
23	well-organized, tidy, neat	0	1	2	3	4
24	acting without thinking, impulsive	0	1	2	3	4
25	tendency to be immature	0	1	2	3	4

26	guilty feelings, regretful	0	1	2	3	4
27	losing control of myself	0	1	2	3	4
28	tendency to be or act irrational	0	1	2	3	4
29	unpopular with other children, didn't keep friends for long, didn't get along with other children	0	1	2	3	4
30	poorly coordinated, did not participate in sports	0	1	2	3	4
31	afraid of losing control of self	0	1	2	3	4
32	well-coordinated, picked first in games	0	1	2	3	4
33	tomboyish (for women only)	0	1	2	3	4
34	running away from home	0	1	2	3	4
35	getting into fights	0	1	2	3	4
36	teasing other children	0	1	2	3	4
37	leader bossy	0	1	2	3	4
38	difficulty getting awake	0	1	2	3	4
39	Follower, led around too much	0	1	2	3	4
40	trouble seeing things from someone else's point of view	0	1	2	3	4
41	trouble with authorities, trouble with school visits to principal's office	0	1	2	3	4

42	trouble with police, booked, convicted	0	1	2	3	4
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	MEDICAL PROBLEMS AS A CHILD	NOT AT ALL OR VERY SLIGHTLY	MILDLY	MODERATELY	QUITE A BIT	VERY MUCH
43	headaches	0	1	2	3	4
44	stomachaches	0	1	2	3	4
45	constipation	0	1	2	3	4
46	diarrhea	0	1	2	3	4
47	food allergies	0	1	2	3	4
48	other allergies	0	1	2	3	4
49	bedwetting	0	1	2	3	4
	AS A CHILD IN SCHOOL I WAS (or had)	NOT AT ALL OR VERY SLIGHTLY	MILDLY	MODERATELY	QUITE A BIT	VERY MUCH
50	overall a good student, fast	0	1	2	3	4
51	overall a poor student, slow learner	0	1	2	3	4
52	slow in learning to read	0	1	2	3	4
53	slow reader	0	1	2	3	4
54	trouble reversing letters	0	1	2	3	4
55	problems with spelling	0	1	2	3	4

56	trouble with mathematics or numbers	0	1	2	3	4
57	bad handwriting	0	1	2	3	4
58	able to read pretty well but never really enjoyed reading	0	1	2	3	4
59	not achieving up to potential	0	1	2	3	4
60	repeating grades	0	1	2	3	4
61	suspended or expelled	0	1	2	3	4

QUESTIONS ASSOCIATED WITH ADHD

- 25 of the questions were associated with ADHD as follows:

	AS A CHILD I WAS (or had):
3	concentration problems, easily distracted
4	Anxious, worrying
5	Nervous, fidgety
6	Inattentive, daydreaming
7	hot- or short-tempered, low boiling point
9	temper outbursts, tantrums
10	trouble with stick-to-itiveness, not following through, failing to finish things started
11	Stubborn, strong-willed
12	sad or blue, depressed, unhappy
15	disobedient with parents, rebellious, sassy
16	low opinion of myself
17	Irritable
20	Moody, ups and downs
21	Angry

24	acting without thinking, impulsive
25	tendency to be immature
26	guilty feelings, regretful
27	losing control of myself
28	tendency to be or act irrational
29	unpopular with other children, didn't keep friends for long, didn't get along with other children
40	trouble seeing things from someone else's point of view
41	Trouble with authorities, trouble with school, visits to principal's office
51	overall a poor student, slow learner
56	trouble with mathematics or numbers
59	not achieving up to potential

SCORING:

Wender Utah Rating Scale Sub-score = _____
(sum of 25 questions associated with ADHD)

INTERPRETATION:

- minimum score for the 25 questions is 0
- maximum score 100
- if a cutoff score of 46 was used 86 of patients with ADHD 99 of normal persons and 81% of depressed subjects were correctly classified

REFERENCES:

Ward MF Wender PH Reimherr FW. The Wender Utah Rating Scale: An aid in the retrospective diagnosis of childhood Attention Deficit Hyperactivity Disorder. Am J Psychiatry. 1993; 150: 885-890.