

Wender Utah Rating Scale for the 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 | moder- ately | 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-it-tiveness 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 |

| | | not at all or very slightly | mildly | moder- ately | quite a bit | very much |
|----|--|-----------------------------------|--------|-----------------|----------------|--------------|
| 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 |

| | 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-it-tiveness 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 |
| | As a child in school I was (or had) |
| 51 | overall a poor student slow learner |
| 56 | trouble with mathematics or numbers |
| 59 | not achieving up to potential |

Wender Utah rating scale subscore = _____ (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.