

Wender Utah Rating Scale (WURS)

Patient's Name: _____ Date: _____

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

	Not at all or very slightly	Mildly	Moderately	Quite a Bit	Very much
AS A CHILD I WAS (OR HAD):					
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 stick-to-it-iveness, 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. Uncautious, 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, enjoy company of people	0	1	2	3	4
19. Sloppy, disorganized	0	1	2	3	4
20. Moody, have ups and downs	0	1	2	3	4
21. Feel angry	0	1	2	3	4
22. Have 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. Tend to be immature	0	1	2	3	4
26. Feel guilty, regretful	0	1	2	3	4
27. Lose control of myself	0	1	2	3	4
28. Tend 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

	Not at all or very slightly	Mildly	Moderately	Quite a Bit	Very much
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. (for women only) Tomboyish	0	1	2	3	4
34. Ran away from home	0	1	2	3	4
35. Get in fights	0	1	2	3	4
36. Teased 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, lead 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 the police, booked, convicted	0	1	2	3	4
MEDICAL PROBLEMS AS A CHILD:					
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:					
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 reader	0	1	2	3	4
53. Slow in learning to read	0	1	2	3	4
54. Trouble reversing letters	0	1	2	3	4
55. Problems with spellin	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. Though I could read pretty well, I never really en- joyed reading	0	1	2	3	4
59. Did not achieve up to potential	0	1	2	3	4
60. Repeated grades (which grades?) _____	0	1	2	3	4
61. Suspended or expelled (which grades?) _____	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

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.