

# Conners' Adult ADHD Rating Scales (CAARS™)

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PURPOSE	To measure, diagnose and monitor treatment of ADHD in adults
ADMINISTER TO	Individuals 18-years and older
ADMINISTRATION TIME	10 – 15 minutes (form dependent)
READING/EDUCATIONAL LEVEL	Grade 4
SCORING OPTIONS	Hand-scored/Online
PUBLICATION DATE	2000
HPCSA	Not submitted
TRAINING	None
LANGUAGES	English

The Conners' Adult ADHD Rating Scales (CAARS) measure the presence and severity of ADHD symptoms to determine whether or not ADHD is a contributing factor to a client's difficulties. The CAARS quantitatively measures ADHD symptoms across clinically significant domains, while examining the manifestations of those symptoms.

## ASSESSMENT SCALES

The CAARS scales provide a multiple-informant assessment with self-report (CAARS–S) and observer ratings (CAARS–O). Across reports, the same behaviours are assessed and contain the same scales, subscales, and indexes.

The following scales are measured:

### Factor-Derived Subscales:

Inattention/Memory Problems

Hyperactivity/Restlessness

Impulsivity/Emotional Lability

Problems with Self-Concept

### DSM-IV™ ADHD Subscales

Inattentive Symptoms

Hyperactive/Impulsive Symptoms

Total ADHD Symptoms

ADHD Index

Inconsistency Index

## AREAS OF APPLICATION

The CAARS provides insights into the presence and severity of ADHD symptoms in adults, and is useful in clinical, rehabilitation and correctional settings, to aid in determining appropriate intervention techniques.

## REPORT OPTIONS

The following report types are available for both the short and long versions of the questionnaire.

- **Profile Reports** present scores from a single administration, for each of the scales. This report option is also available for the CAARS screener questionnaires.
- **Interpretive Reports** provide detailed information about scores from a single administration, which are presented both numerically and graphically. Scores are also compared to those in the normative sample and elevations indicated. This report is not available for the screening version of the test.

## SOUTH AFRICAN RESEARCH

Although South African research and norms are not yet available for the CAARS, JVR Psychometrics welcomes the opportunity to partner with clients in conducting research studies in their practices.