

Barkley Rating Scales

Description and Importance

The **Barkley Rating Scales**—comprising the BAARS-IV, BDEFS, and BFIS—are indispensable tools for the clinical evaluation of adult ADHD. Developed by Dr. Russell A. Barkley, PhD, these scales extend beyond symptom checklists and neurocognitive testing to assess the complex interplay of core symptoms, executive functioning deficits, and functional impairments in real-world domains. Each scale contributes a unique lens, allowing the clinician to capture a comprehensive diagnostic picture. Their combined use ensures both DSM-5 diagnostic fidelity and functional relevance, supporting differential diagnosis, treatment planning, documentation for third-party entities (e.g., insurers, employers), and recommendations for accommodations, benefits, or services.

Learning Objectives

By the end of this chapter, clinicians will be able to:

1. Identify the purpose, structure, and clinical utility of the BAARS-IV, BDEFS, and BFIS.
2. Differentiate among ADHD symptoms, executive dysfunction, and functional impairments in adulthood.
3. Integrate these three Barkley scales into a cohesive and defensible adult ADHD evaluation.
4. Apply rating scale data to guide diagnostic clarification, treatment planning, and recommendations for accommodations.
5. Use informant versions of the scales strategically to validate client self-report and strengthen diagnostic reliability when needed.
