

ADHD DIAGNOSTIC ASSESSMENT GUIDE

INFORMATION FOR ADULTS & ADOLESCENTS

The Process



Initial Consultation

The initial consultation lasts 60 minutes and explores current concerns, including any mental health difficulties. For adults the initial consultation is conducted with the client. For adolescents the parents will join for part of the appointment. We will then make a recommendation regarding the next steps.

01



Pre-assessment

Neurodevelopmental questionnaires are sent out to the client, parents and school/college (if applicable) and returned to us prior to their next appointment.

02



ADHD Assessment

The 60 - 90 minute diagnostic interview (DIVA-5) is conducted online with the client and their informants. For adolescents and adults, appointment is usually conducted online.

Informants should be able to provide examples of the client's behaviour, ideally from childhood. In cases where this is not possible, adulthood informants are also acceptable.

03



For adolescents we collect school reports and meet with the SENCO or class teacher/tutor for additional information.

Next Steps

We schedule a feedback meeting with the client to explain our diagnostic decision and provide them with a detailed diagnostic report with personalised recommendations.

04



Frequently Asked Questions

Will the assessment be recognised by the NHS?

We use the same high-quality standards as the NHS and follow the best practice guidance by the UK National Institute for Health and Care Excellence (NICE, 2018).

Will the report be shared with the NHS?

The client can choose to share the assessment outcome and report with their NHS GP.

How long does the assessment take and how much does it cost?

The assessment process usually takes place over the course of a few weeks. For our most up-to-date prices please see our website [here](#). We also offer payment instalment plans if requested.

What will the diagnostic report include?

The report includes detailed information about the assessment and diagnostic decision, as well as personalised recommendations for the client.



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