

ADULT ADHD ASSESSMENT

Thank you for taking the time to read this information sheet, we hope you find it helpful. There's no single, definitive diagnostic test for ADHD – no blood analysis, no brain scan, no genetic screening – so the assessment and diagnosis of ADHD is not a quick or simple task. Our ADHD assessments are carried out by our Consultant Child & Adolescent Psychiatrists and Specialty Doctors. Our assessments are comprehensive and multidimensional and cover all aspects of functioning including home, education/employment and social functioning. Our doctors use the DIVA-5 which is a gold standard ADHD assessment tool. Our assessments are in line with best practice guidelines from NICE.

The Assessment Process

Questionnaires

Prior to attending your first appointment you will be sent two questionnaire packs, one for you and one for your informant to complete. They cover a number of areas, for example, education, social relationships and your life history. It is important that you complete these, in as much detail as possible, 48 hours prior to the assessment appointment as they help to inform the rest of the assessment process. Please return the questionnaires to Emma via email.

Stage 1: Comprehensive Assessment with a Consultant Psychiatrist – approximately 2 hours

Part 1 – with you

The Psychiatrist will introduce themselves and explain to you what the assessment will entail and what to expect as part of the assessment.

The first hour will involve detailed history taking including an overview of your current concerns, symptoms, your medical and psychiatric history, as well as a variety of other important aspects of your life.

Following this there will then be a break for approximately 10-15 minutes.

Part 2 – with you and your informant

For the second part of the assessment, we ask that you bring either a family member, partner or close friend along to enable the Psychiatrist to carry gather a detailed developmental history. This will involve the Psychiatrist asking the person accompanying you questions regarding your upbringing, early development, and day to day difficulties that you may experience.

Stage 2: Feedback Session – approximately 1 hour

The final stage of the assessment will include a 1-hour feedback session. Once the Psychiatrist has collated all of the information from standardised questionnaires, clinical assessment, collateral information, developmental history and their observations of you, the Psychiatrist will share with you whether you meet DSM-5/ICD-11 criteria for ADHD. The Psychiatrist will share their recommendations for ongoing medical and psychological treatment, where appropriate. If you do receive a diagnosis of ADHD, we will send you our Post-Diagnostic pack which shares helpful psychoeducational material about ADHD, helpful resources and information regarding additional services which are available at the practice and may be helpful for you. A comprehensive report will be sent to you and your GP approximately 8 weeks following the assessment.

Please note: The cost of an ADHD assessment is £1950, this fee covers the mentioned above. Any follow up treatment, including post-diagnostic support sessions and/or medication is an additional cost. Please see our separate document regarding follow-up care and treatment costs post-assessment.

One Point of Contact

Our Practice Coordinator Team oversee all assessments, working behind the scenes to ensure everything runs smoothly. Their role is to coordinate the process and provide oversight, so clients receive a well-supported and seamless experience from start to finish.

You can contact the coordinator team directly via email coordinators@edinburghpractice.com

Working hours:

Monday – Friday: 8.30am – 5pm