

GETTING ASSESSED · 3.1

Adult ADHD: Recognition, Assessment and What Happens Next

How adult ADHD is recognised and assessed in the UK in 2026, including the NICE pathway, the NHS and private routes, and what happens after a diagnosis.

FOR

Adults considering an ADHD assessment

AUDIENCE AGE

18+

REVIEWED

17 May 2026

PART OF

The NeuroFX resource library

IN SUMMARY

Adult ADHD: Recognition, Assessment and What Happens Next

What the assessment involves

- **Built around a full clinical interview.** NICE NG87 sets the UK standard. The interview covers current symptoms, childhood history, and impact across more than one area of life. Two to three hours is typical, sometimes split across two sessions.
- **Evidence from childhood matters.** Old school reports, parental memories or a sibling informant where possible. Adult ADHD is a continuation of childhood ADHD, so the lifelong pattern is the diagnostic anchor.
- **Structured tools support, but do not replace, the clinical interview.** DIVA-5 is the most widely used adult ADHD interview. Self-report scales and objective tests such as QbCheck can add useful information, but no single test diagnoses ADHD on its own.

How adults get to assessment in the UK

- **NHS via GP referral.** The default route. Waiting times in many regions run into years, which reflects a sustained mismatch between demand and NHS capacity rather than any individual service.
- **Right to Choose in England.** A legal entitlement to request referral to any NHS-contracted provider, often with shorter waits. Your GP completes the referral; the assessment remains NHS-funded. Scotland, Wales and Northern Ireland do not have Right to Choose in the same form.
- **Private assessment.** Self-funded with a CQC-registered provider. Faster and paid out of pocket, with shared-care handover available where the local ICB accepts it. NeuroFX offers both general and women-specific adult ADHD assessment.
- **Bring co-occurring conditions to the assessment.** Anxiety, depression, sleep difficulties, trauma, autism and substance use are all common alongside ADHD. A good assessment looks at the whole picture.

How we can help

- **Private adult ADHD assessment to the NICE standard.** NeuroFX offers private adult ADHD assessment with the same clinical standard as the NHS. A dedicated women's pathway covers masking, the menstrual cycle and perimenopause.
- **Medication initiation and titration where appropriate.** If ADHD is confirmed and medication is part of the plan, we prescribe and titrate carefully across the first three months.
- **Shared care with your NHS GP where possible.** Where the local ICB accepts shared care, we hand over to your GP once you are stable on medication. Where shared care is declined, we offer continued private prescribing.
- **Post-diagnostic support is part of the package.** Reports cover not just the diagnosis but the practical next steps: workplace adjustments, support for any co-occurring difficulties, and access to NeuroFX prescribing if needed.

WHEN TO SPEAK TO A PROFESSIONAL

Speak to your GP if the pattern has been persistent across more than one area of life and dates back to childhood. NHS routes start there; Right to Choose in England is the same first conversation. NeuroFX offers private adult ADHD assessment where waiting is a barrier. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis.

SOURCES

NICE NG87; Faraone et al. 2021 (Neurosci Biobehav Rev); DSM-5-TR; Kooij et al. 2019 (Eur Psychiatry); Asherson et al. 2016 (Lancet Psychiatry); NHS England

NEXT STEPS**Speak to NeuroFX**

Private ADHD and autism assessment for adults and children aged 6 and upwards.
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