

GETTING ASSESSED · 3.8

DIVA-5: What the Adult ADHD Interview Actually Covers

DIVA-5 is the semi-structured interview used in most UK adult ADHD assessments. This summary explains what it covers, what to expect, and what it does and does not do.

FOR

Adults preparing for ADHD assessment

AUDIENCE AGE

18+

REVIEWED

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PART OF

The NeuroFX resource library

IN SUMMARY

DIVA-5: What the Adult ADHD Interview Actually Covers

What DIVA-5 is

- **A semi-structured clinical interview aligned to DSM-5.** Developed by the DIVA Foundation in the Netherlands. It is the European consensus standard for adult ADHD assessment and is widely used across NHS and private services.
- **Built around concrete examples.** The interview asks for specific examples for each diagnostic criterion, both for adulthood and for childhood, so the diagnostic decision is anchored in evidence rather than impressions.
- **Three main sections.** Inattention symptoms, hyperactivity and impulsivity symptoms, and a closing section on impairment, age of onset, and differential diagnosis.

What to expect on the day

- **Around 60 to 90 minutes within the wider assessment.** DIVA-5 is one important component, not the whole assessment. The clinician will also cover developmental history, mental health, sensory profile and any co-occurring conditions.
- **Detail matters more than yes or no answers.** 'Sometimes' usually leads to a follow-up question. Concrete examples are more useful than general statements, particularly for the childhood section.
- **The childhood section is often emotionally significant.** Many adults find that thinking through specific childhood examples reframes how they remember their early years. This is a normal part of the process.
- **Used with a wider lens for women.** In our women's adult ADHD pathway, the DIVA-5 is conducted alongside explicit attention to masking, the menstrual cycle, perimenopause and co-occurring anxiety, depression or eating difficulties.

How we can help

- **DIVA-5 as part of a NICE-aligned assessment.** NeuroFX adult ADHD assessment uses DIVA-5 within a wider clinical interview that covers developmental history, mental health and sensory profile.
- **Bring concrete examples.** Old school reports, parental memories and your own recollections of childhood all help. The more specific the examples, the smoother the interview runs.
- **Online DIVA-5 forms filled in alone are not a substitute.** DIVA-5 is a clinician-led structured interview. Self-administered versions on the internet do not produce a diagnostic result.

WHEN TO SPEAK TO A PROFESSIONAL

If you are recognising the pattern in yourself, NHS routes start with GP referral, with Right to Choose in England as the often-faster route. 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

Kooij & Francken 2019 (DIVA Foundation); Kooij et al. 2019 (Eur Psychiatry); NICE NG87; DSM-5-TR

NEXT STEPS

Speak to NeuroFX

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