

GETTING ASSESSED · 3.9

QbCheck and Objective ADHD Testing: What It Adds and What It Does Not

QbCheck is a computer-based objective test used in some ADHD assessments. This summary explains what it does, where it fits, and what it does and does not tell you.

FOR

Adults and parents considering QbCheck

AUDIENCE AGE

All ages

REVIEWED

17 May 2026

PART OF

The NeuroFX resource library

IN SUMMARY

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What QbCheck is

- **A 15 to 20 minute computer-based attention test.** It measures attention, impulsivity and motor activity (through a head-mounted infrared marker). Results are reported as standardised scores against an age and sex-matched reference group.
- **An adjunct to NICE-aligned assessment, not a diagnostic test.** NICE recommends QbCheck as a support for standard clinical assessment in children and adolescents. It does not diagnose ADHD on its own.
- **Used in around 10 to 15 percent of NeuroFX assessments.** Most ADHD assessments do not need it. Where it adds value, your clinician will offer it. The current fee at NeuroFX is £129.

Where it is most useful

- **Where the clinical picture is ambiguous.** Particularly when chronic anxiety and ADHD overlap, or when self-report and informant input do not agree.
- **Paediatric assessment where school and home reports conflict.** NICE MTG6 specifically supports QbTest (the clinic version) in children and adolescents alongside standard NICE assessment.
- **Medication titration.** A baseline result before starting medication and a follow-up at four to six weeks can give an objective measure of response.
- **Where objective evidence is asked for.** Some shared-care arrangements, employer adjustment processes or insurance contexts ask for an objective measure alongside the clinical interview.

How we can help

- **QbCheck where it adds value.** NeuroFX offers QbCheck within both adult and paediatric ADHD assessment when the clinical picture would benefit from it. We do not use it routinely.
- **Normal result does not rule out ADHD.** Attention can be intact in the lab and impaired in real life. A normal QbCheck in someone who otherwise meets criteria does not exclude the diagnosis.
- **Abnormal result does not confirm ADHD on its own.** The diagnosis comes from the full clinical picture, with QbCheck as one piece of the evidence.

WHEN TO SPEAK TO A PROFESSIONAL

If you are unsure whether QbCheck would help in your case, ask the assessing clinician. NeuroFX offers QbCheck within adult and paediatric ADHD assessment where it adds value. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis.

SOURCES

NICE NG87; NICE MTG6; Hall et al. 2016 (Eur Child Adolesc Psychiatry); Kooij et al. 2019 (Eur Psychiatry)

NEXT STEPS**Speak to NeuroFX**

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