

GETTING ASSESSED · 3.3

What Happens at an ADHD Assessment

A walk through what an adult or paediatric ADHD assessment actually involves: the structure, the questions, the tools used and what comes next.

FOR

Adults and parents preparing for assessment

AUDIENCE AGE

All ages

REVIEWED

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PART OF

The NeuroFX resource library

IN SUMMARY

What Happens at an ADHD Assessment

What the assessment covers

- **Paperwork in advance.** A clinical history form, one or more screening questionnaires, and a request for developmental information. Honest, specific completion makes the appointment more productive.
- **Two to three hours in clinic.** Often split across two sessions. The clinician moves through current symptoms, developmental history, differential and co-occurring conditions, and a structured tool such as the DIVA-5 for adults.
- **The developmental history is the diagnostic anchor.** Adult ADHD is a continuation of childhood ADHD, so the clinician will ask about your early school years, family history, and any specific evidence of childhood symptoms.

What the clinician is doing

- **Looking at the whole week, not just your strongest setting.** Work or school, home, relationships, finances, driving, sleep, exercise and self-care. The breadth of questioning surprises some people; ADHD does not stay in one part of life.
- **Ruling in and ruling out.** A good assessment considers what else could explain the picture. Anxiety, depression, sleep disorders, autism and trauma can all produce attention difficulties on their own or alongside ADHD.
- **Using structured tools as a support, not a substitute.** DIVA-5 for adults, Conners or SNAP-IV for children. Objective tests such as QbCheck add information in some cases. No single tool diagnoses ADHD on its own.
- **An outcome conversation, then a written report.** At NeuroFX, an outcome conversation is typically offered within 48 hours of the final session, with a full report within 7 to 14 days.

How we can help

- **Adult and paediatric ADHD assessment to the NICE standard.** NeuroFX offers private ADHD assessment for adults and for children aged 6 and upwards, following the same NICE NG87 framework used in NHS services.
- **Screening first, if you want to test the waters.** Our online ADHD screening tool is a starting point. It does not give a diagnosis, but it can help you decide whether a full assessment is the right next step.
- **Bring evidence.** Old school reports, parental memories, recollections of childhood. The clinical picture is more complete with this evidence and the assessment runs more efficiently.
- **Post-diagnostic support is part of the pathway.** Reports cover practical next steps as well as the diagnosis: workplace or school adjustments, access to NeuroFX prescribing if needed, and support for any co-occurring difficulties.

WHEN TO SPEAK TO A PROFESSIONAL

If you are recognising the pattern in yourself or your child, NHS routes start with GP referral; Right to Choose in England is the same first conversation. NeuroFX offers private ADHD assessment for adults and for children aged 6 and upwards. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis.

SOURCES

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

NEXT STEPS**Speak to NeuroFX**

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