



NeuroFX
Changing Minds

Adult ADHD Assessment Pathway

What to Expect After Booking Your Assessment

Thank you for choosing NeuroFX for your ADHD assessment. This guide explains what happens from the moment you book through to receiving your report and next steps. Our assessment process follows NICE guideline NG87, ensuring you receive a comprehensive, evidence-based evaluation.

We understand that seeking an ADHD assessment as an adult can feel daunting, particularly if you have lived with undiagnosed difficulties for many years. Our aim is to make the process as clear and supportive as possible, giving you the time and space to be heard and understood.

What Happens After Booking

Once you have booked your assessment, you will receive access to our comprehensive onboarding process. This is an important part of the assessment and helps us understand you fully before the appointment.

Onboarding Documentation

You will be asked to complete several questionnaires and provide information about yourself. This includes:

- Telling your story in your own words, including your hopes and concerns
- Information about your physical and mental health history
- Developmental history and family background
- How ADHD symptoms affect your work, education, relationships, and daily life
- Any previous assessments, diagnoses, or support you have received

We also welcome any additional supporting documents you may have, such as old school reports, previous medical or psychological assessments, or workplace performance reviews. These can provide valuable historical evidence of your difficulties.

Screening Tools and Questionnaires

As part of the onboarding, you will be asked to complete several standardised screening tools. These give us valuable information about different aspects of your wellbeing and functioning:

ADHD Screening Tools (BAARS-IV)

You will complete the BAARS-IV (Barkley Adult ADHD Rating Scale) which assesses ADHD symptoms in adulthood. Crucially, we also ask you to request that someone who knows you well (such as a partner, parent, sibling, or close friend) completes an informant version of the same questionnaire.

This informant information is very important. ADHD is a neurodevelopmental condition, meaning symptoms must have been present from childhood. We need evidence of difficulties in both your current adult life and during your childhood years. Informants who knew you as a child (such as parents or older siblings) are particularly valuable, but current informants (such as partners or colleagues) can also provide important insights into how symptoms affect you now.

We understand that not everyone has someone who can provide childhood information, and we will discuss this with you if it applies. However, obtaining informant accounts wherever possible strengthens the assessment and helps us reach an accurate diagnosis.

Strengths and Difficulties Questionnaire (SDQ)

The SDQ (adult version for those aged 18 and over) helps us understand your emotional wellbeing, behaviour, relationships with others, and any difficulties you may be experiencing. This broader picture is important for understanding how ADHD symptoms affect your overall functioning.

Generalised Anxiety Disorder Scale (GAD-7)

This brief questionnaire assesses symptoms of anxiety. Anxiety is very common in adults with ADHD and can sometimes present with similar symptoms, so it is important to assess it carefully.

Beck Depression Inventory (BDI-II)

This questionnaire screens for symptoms of depression. Like anxiety, depression often occurs alongside ADHD in adults, and untreated ADHD can contribute to low mood. Understanding your mood is an essential part of the assessment.

Sleep Assessment Tools

Sleep problems are very common in adults with ADHD and can significantly affect mood, concentration, and overall functioning. We use sleep questionnaires to understand your sleep patterns and identify any difficulties that may need addressing.

How This Information Helps

All the information you provide is carefully reviewed by our clinical lead before your appointment. This preparation means that when you arrive for your assessment, we already have an excellent understanding of you and a strong foundation to build on during the appointment. It allows us to use the assessment time most effectively, focusing on the areas that matter most for you.

We know that completing these forms takes time and effort. Please be assured that every piece of information you provide is valuable and contributes to a thorough, accurate assessment.

What to Expect from Your ADHD Assessment Appointment

The assessment appointment is where we bring together all the information you have provided with a detailed clinical interview. This is your opportunity to talk in depth about your experiences and to be heard and understood.

The DIVA-5 Assessment

We use the DIVA-5 (Diagnostic Interview for ADHD in adults), a semi-structured clinical interview specifically designed for assessing ADHD in adults. This is not a simple tick-box exercise. Instead, it is a thorough conversation that explores how ADHD symptoms present in your life, both now and in the past.

The interview looks at various areas of your life, including:

- Work and employment
- Education and training
- Relationships and family life
- Home management and organisation
- Social situations and friendships
- Daily routines and self-care

Crucially, we focus on how symptoms affect your functioning and what this means for you. We want to understand the real-world impact of your difficulties, not just whether certain behaviours are present. We also explore your childhood experiences in detail, as ADHD symptoms must have been present from an early age.

Partners and Informants

You are welcome to bring your partner, a parent, or another person who knows you well to the assessment if you wish. They can provide additional information and support during the interview. However, this is entirely optional, and many people prefer to attend alone. We will also make time to speak with you privately if a partner or informant attends.

Duration and Format

The assessment typically takes between two and three hours. We understand this is a long time, and we build in breaks as needed. The environment is calm and relaxed, and there is no rush.

Throughout the appointment, our priority is that you feel heard and understood. This is your time to share your experiences and concerns in a supportive, non-judgemental environment.

Diagnosis and Next Steps

Reaching a Diagnosis

In many cases, if all the necessary information is available and the clinical picture is clear, we can discuss the diagnosis with you on the day of the assessment. This allows you to ask questions immediately and begin to think about next steps.

However, there are times when we need additional information to reach a clear, accurate diagnosis. This might include:

- Further screening tools or questionnaires
- Additional informant information
- Historical documents such as school reports
- Screening for autism spectrum disorder (more on this below)
- A QbCheck assessment (see below)

If we need more information, we will arrange a follow-up clinical update appointment (conducted online) to discuss the diagnosis and next steps once everything is in place. This ensures that you receive a thorough, evidence-based assessment rather than a rushed conclusion.

The Importance of Differential Diagnosis

A critical part of the assessment is ensuring that your symptoms are not better explained by another condition. Many conditions can present with symptoms similar to ADHD, including anxiety disorders, depression, autism, trauma-related conditions, substance use, sleep disorders, and various medical conditions.

We will carefully consider whether your difficulties are primarily due to ADHD or whether another condition (either alone or in addition to ADHD) better explains your symptoms. This differential diagnosis process is essential for ensuring you receive the right support and treatment.

Co-morbidities

It is very common for adults with ADHD to have other conditions alongside it. During the assessment, we will discuss any other diagnoses you have, your use of substances (including alcohol, caffeine, and recreational drugs), and any other physical or mental health conditions that may be relevant.

Understanding the full picture helps us provide you with appropriate recommendations and ensures that any treatment plan takes your overall health into account.

QbCheck Assessment

In approximately 10 to 15 per cent of cases, we may recommend a QbCheck assessment as part of the diagnostic process. QbCheck is a computerised test that objectively measures attention, impulsivity, and activity levels.

QbCheck is not mandatory, but it can be particularly helpful in cases where the clinical picture is unclear or where objective evidence would strengthen the assessment. If we recommend QbCheck, there is an additional cost of £129.

We will always discuss this with you before proceeding and explain why we think it would be beneficial for your assessment.

If ADHD is Confirmed

When ADHD is confirmed, we will discuss the diagnosis with you in detail, explaining what it means for you and answering any questions you have. We will also talk about the possibility of medication and how the process works.

If you are interested in medication, we offer a 6-month titration package (£995) which includes finding the right medication and dose for you, all prescriptions during this period, regular monitoring, and a request for shared care with your GP once you are stable. More information about this pathway can be found in our separate shared care document.

Medication is not the only option, and we will discuss other support strategies and interventions that can help you manage ADHD symptoms, regardless of whether you choose medication.

What if Autistic Traits are Identified?

ADHD and autism often occur together, and sometimes autistic traits become apparent during an ADHD assessment. If we identify possible autism spectrum disorder (ASD) during your assessment, we will discuss this with you in detail.

We can offer a gold-standard autism assessment as an add-on to your ADHD assessment. This uses internationally recognised diagnostic tools:

- Autism Diagnostic Interview-Revised (ADI-R) - a detailed interview with you and, where possible, a parent or someone who knew you as a child
- Autism Diagnostic Observation Schedule-2 (ADOS-2) - a direct assessment

The cost for an ASD assessment is £950. This provides a comprehensive evaluation following best practice guidelines.

Why Autism Diagnosis Matters

Understanding whether you are autistic as well as having ADHD can be enormously helpful. An autism diagnosis can:

- Help you understand yourself better and make sense of lifelong differences
- Enable access to appropriate workplace adjustments
- Inform treatment decisions, as some ADHD medications may work differently in autistic people
- Connect you with autism-specific support services and communities
- Help family members understand your needs better

Sleep Difficulties

Sleep problems are extremely common in adults with ADHD and can significantly affect mood, concentration, and overall functioning. If your assessment identifies serious sleep difficulties, we can offer specific help.

Tina Fox, our clinical lead, is a qualified Advanced Paediatric Sleep Practitioner with expertise in sleep disorders. We can provide a sleep hygiene programme tailored to your needs, helping to establish better sleep patterns and routines.

If behavioural strategies do not resolve the sleep difficulties, we can consider medication options where clinically appropriate.

This sleep support is available through NeuroFX, and we also offer a specialist SleepFX service as part of our broader support.

After the Assessment: Reports and Next Steps

Your Assessment Report

Following your assessment, you will receive two pieces of correspondence:

- A letter confirming the outcome within 48 hours of the assessment
- A full comprehensive report within 14 days (typically less than 7 days)

The full report provides detailed information about your assessment, the diagnostic conclusions, and recommendations for support. It will also signpost you to helpful resources and provide guidance on non-medical interventions and lifestyle changes that can help manage ADHD symptoms and improve daily functioning.

This report is yours to share with your GP, employer, or other professionals as you see fit. It provides a comprehensive record of the assessment and can be used to support requests for workplace adjustments or additional help.

What if ADHD is Not Confirmed?

We understand that it can be difficult if your assessment does not confirm an ADHD diagnosis, particularly if you have been hoping for answers and support. Please know that this outcome does not mean your difficulties are not real or that you do not need help.

There are several reasons why an ADHD diagnosis might not be made:

- Your symptoms may not meet the full diagnostic criteria for ADHD
- The difficulties may be better explained by another condition (such as anxiety, autism, depression, trauma, or a medical condition)
- You may have some ADHD traits but these are not causing significant impairment across multiple areas of life
- There may be insufficient evidence of symptoms being present from childhood

If ADHD is not confirmed, your report will explain the reasons for this conclusion and, where possible, provide information about what might be causing the difficulties instead. We will signpost you to appropriate support services and suggest next steps that could help.

Possible next steps might include:

- Referral to your GP for investigation of other conditions
- Psychological therapy for anxiety, depression, or trauma
- Occupational health assessment
- Educational psychology assessment if in education
- Sleep medicine referral
- Autism assessment if autistic traits have been identified

We want to ensure that even if ADHD is not diagnosed, you leave the assessment with a clearer understanding of your needs and a path forward to get the support you need. Help is available, and a diagnosis is not the only route to accessing it.

Summary

The ADHD assessment process at NeuroFX is designed to be thorough, supportive, and evidence-based. From the moment you book through to receiving your report, we are committed to understanding you fully and providing you with clear, helpful information.

Whether the outcome is an ADHD diagnosis, identification of other difficulties, or reassurance that things are not as concerning as feared, our goal is that you feel heard, informed, and supported.

Following the assessment and provision of your report, NeuroFX's involvement concludes unless you choose to pursue additional services such as medication titration, autism assessment, or sleep support.

If you have any questions about the assessment process or what to expect, please do not hesitate to contact us. We are here to help.

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This document follows NICE guideline NG87 for ADHD assessment and management.