

THE ADULT ADHD ASSESSMENT GUIDE

Chapter 5

Before you start

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Once you are seriously considering an assessment, a set of practical questions tends to follow, and the cost of a private ADHD assessment in the UK is usually one of them. This chapter answers the cost question openly and covers the common worries, so you can decide with a clear head rather than a knot in your stomach.

The worries that come up most

Almost everyone arrives with the same handful of concerns. Naming them tends to take some of their weight away.

- *What if they do not take me seriously?* A good assessment starts from the assumption that you know your own life. Your experience is the evidence.
- *What if it turns out I do not have ADHD?* That is a genuinely useful result, not a wasted one. [Getting your results](#) explains why.
- *What is the appointment actually like?* Far less daunting than people fear. [What actually happens](#) walks through it step by step.

Please be assured

Feeling nervous before an assessment is completely normal, and it does not affect the outcome. This is your time to be heard. There are no trick questions, and nothing you say will be used to catch you out.

The cost question, answered openly

We think you should be able to see exactly what something costs before you commit to it, so our fees are fixed and published in full. There are no hidden add-ons and no pressure to take anything you do not need.

The table below shows the assessment fees. If autism is also a question for you, a combined pathway is available at a reduced rate. You can see the complete list on [our fees page](#).

Service	Cost
ADHD assessment Adult or child (age 6+)	£675
Standalone autism (ASD) assessment ADI-R and ADOS-2	£1,200
Autism (ASD) top-up after a NeuroFX ADHD assessment Reduced rate when combined	£950

Assessment fees are fixed and shown in full, with no hidden extras.

Treatment, if you choose to pursue it, is priced separately and only ever after a diagnosis. You will find those costs set out plainly in [treatment and support](#), so there are no surprises later.

What helps to have ready

ADHD is a lifelong pattern, so an assessment looks back as well as at the present. A little preparation makes the process smoother.

- **Childhood evidence.** Old school reports, photographs of report cards, or memories of how you were as a child all help, because traits from childhood form part of the picture.
- **An informant.** A partner, parent or long-standing friend may be asked to complete a short rating scale. Have a think about who knows you well across different stages of life.
- **Your own notes.** Jot down the situations where you struggle most. It is easy to go blank in the moment, and your notes keep the conversation honest.
- **Your health background.** A brief summary of your general health, sleep and any current medication is useful context.



None of this needs to be perfect. If you cannot lay your hands on a school report, that is fine. Come as you are; the assessment is designed to work with whatever you can bring.

Key takeaways

- The common worries are normal, and naming them tends to take their weight away.
- Our assessment fees are fixed and published in full, with no hidden extras.
- A little preparation helps: childhood evidence, a possible informant, and notes on where you struggle.
- Nothing needs to be perfect; the assessment is designed to work with whatever you can bring.

Common questions

How much does a private ADHD assessment cost?

Our assessment fee is fixed and published in full, with no hidden add-ons. You can see the exact figure in the fees table on this page and on our fees page, and treatment is only ever priced separately and after a diagnosis.

Do I need to prepare anything before the assessment?

It helps to gather any childhood evidence, think about who could act as an informant, and jot down where you struggle most. None of it needs to be perfect, and you can come as you are.

What if I cannot find old school reports?

That is common and not a problem. The assessment is built to draw on memories and informant accounts as well, so missing paperwork will not hold things up.

Will I be pressured into paying for treatment?

No. Treatment is a separate decision, made only after a diagnosis and only if you want it. The assessment fee stands on its own.

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This guide is general information, not a substitute for individual clinical advice, and it cannot diagnose ADHD or any other condition. If you are concerned about yourself or your child,

please speak to your GP or arrange a professional assessment. NeuroFX is a CQC-registered clinic and our guidance follows NICE guideline NG87.