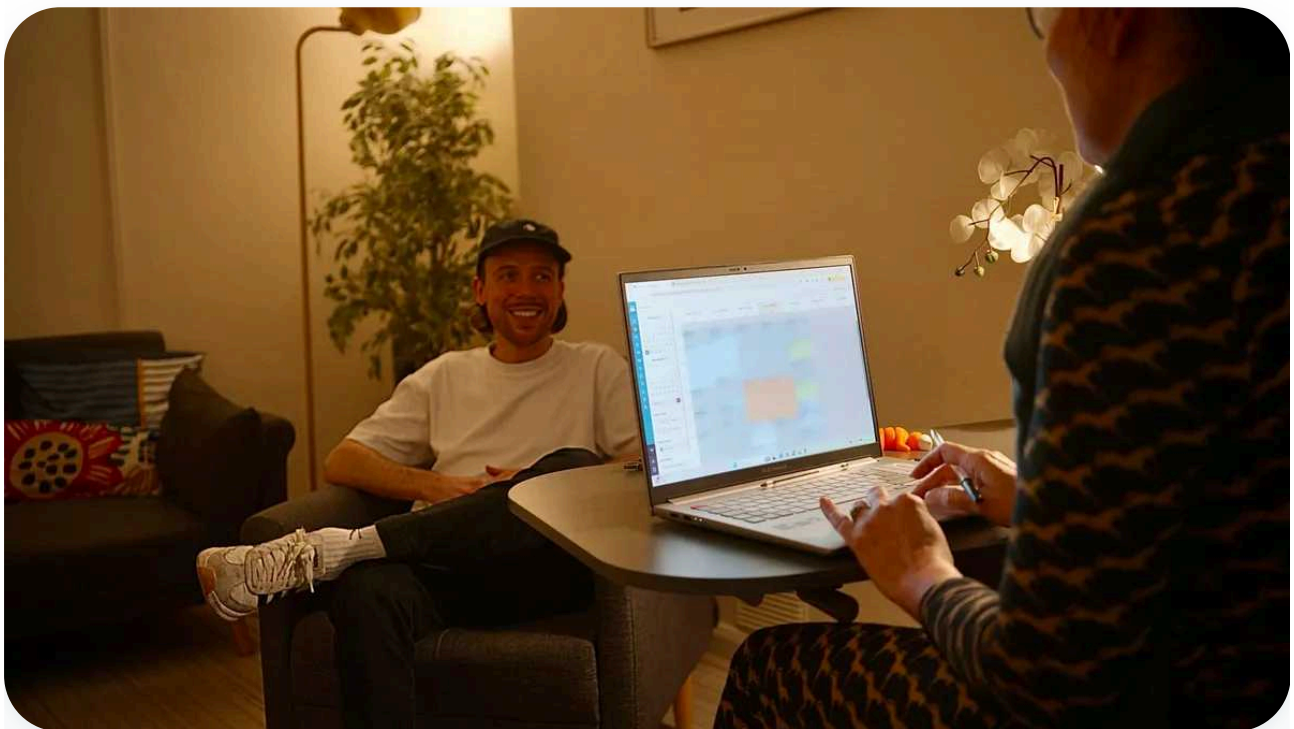


THE ADULT ADHD ASSESSMENT GUIDE

Chapter 7

What actually happens in an assessment

3 min read · Last reviewed by Tina Fox, 30 May 2026



A NeuroFX assessment is unhurried, with time to talk things through.

Knowing what happens in an adult ADHD assessment takes most of the worry out of it. There is no exam to revise for and no trick questions. It is a structured, unhurried conversation, supported by validated questionnaires, that builds a careful picture of how your mind works across your whole life.

Structured, not an interrogation

An assessment is methodical on purpose. It follows the same national standard every time, so the conclusion does not rest on one clinician's hunch. That structure is also what makes it feel calm. You are guided through it, step by step, with time to think and breaks when you need them.

1 Before we meet

You complete a set of validated questionnaires in your own time, such as the **BAARS-IV** rating scales, the **SDQ 18+**, and brief mood and sleep measures. We may invite someone who knows you well to complete an informant version.

2 The clinical interview

The heart of the assessment is the **DIVA-5**, a semi-structured diagnostic interview. We set aside 2 to 3 hours, with breaks, to talk through how traits show up now and how they showed up in childhood.

3 Considering the whole picture

We weigh everything together, including your history, the questionnaires and any informant input. Differential diagnosis is always considered, so other explanations for your difficulties are properly explored, not just ADHD.

4 Your outcome

You receive a written outcome letter within 48 hours, with your full report following within 14 days, and usually sooner. Getting your results covers this stage in detail.

From first contact to your written report, here is the shape of it.

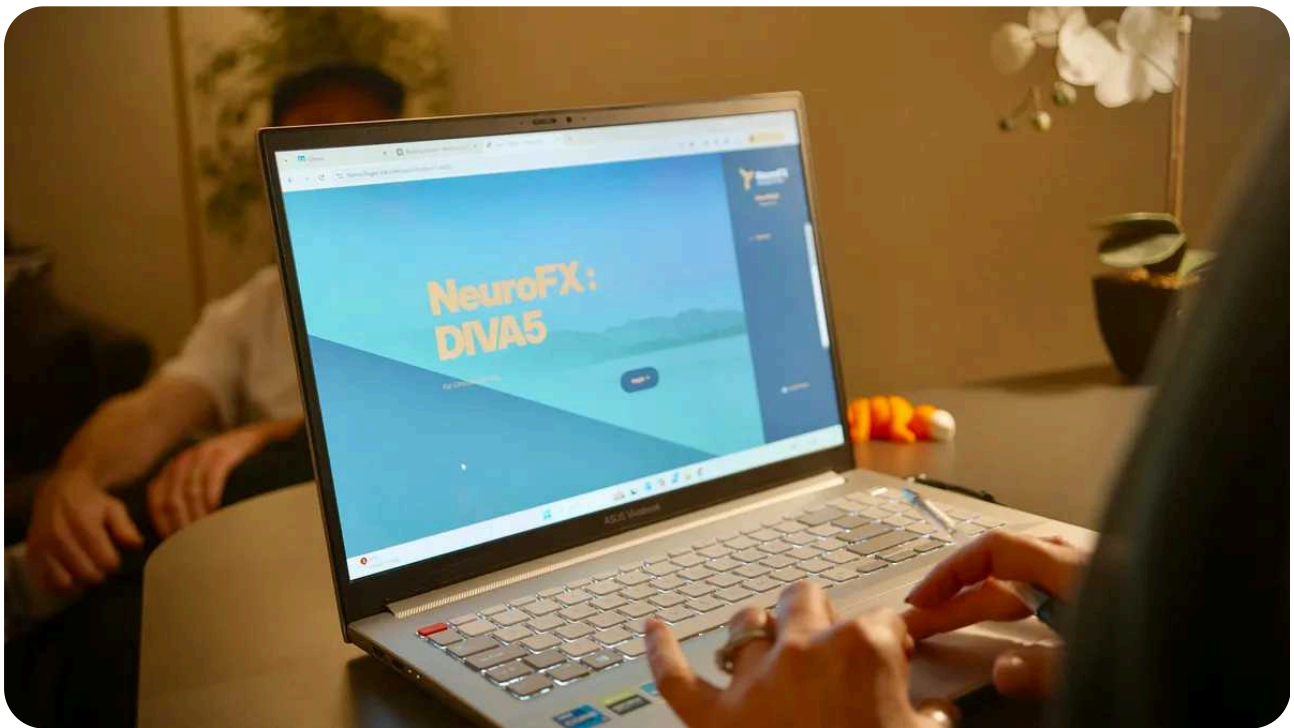
The tools we use, and why

The questionnaires are not box-ticking. Each one is a validated instrument that lets us compare your experience against a recognised benchmark, and lets the

assessment look at more than ADHD alone.

- The **DIVA-5** structures the diagnostic conversation around recognised criteria.
- **BAARS-IV** rating scales capture your own view and, where possible, an informant's.
- Brief mood and anxiety measures help us notice anything sitting alongside ADHD.
- Sleep tools matter because poor sleep can both mimic and worsen attention difficulties.

Using several tools together is what makes the picture reliable. No single questionnaire decides anything on its own.



Structured, validated tools sit at the heart of a thorough assessment.

What to bring on the day

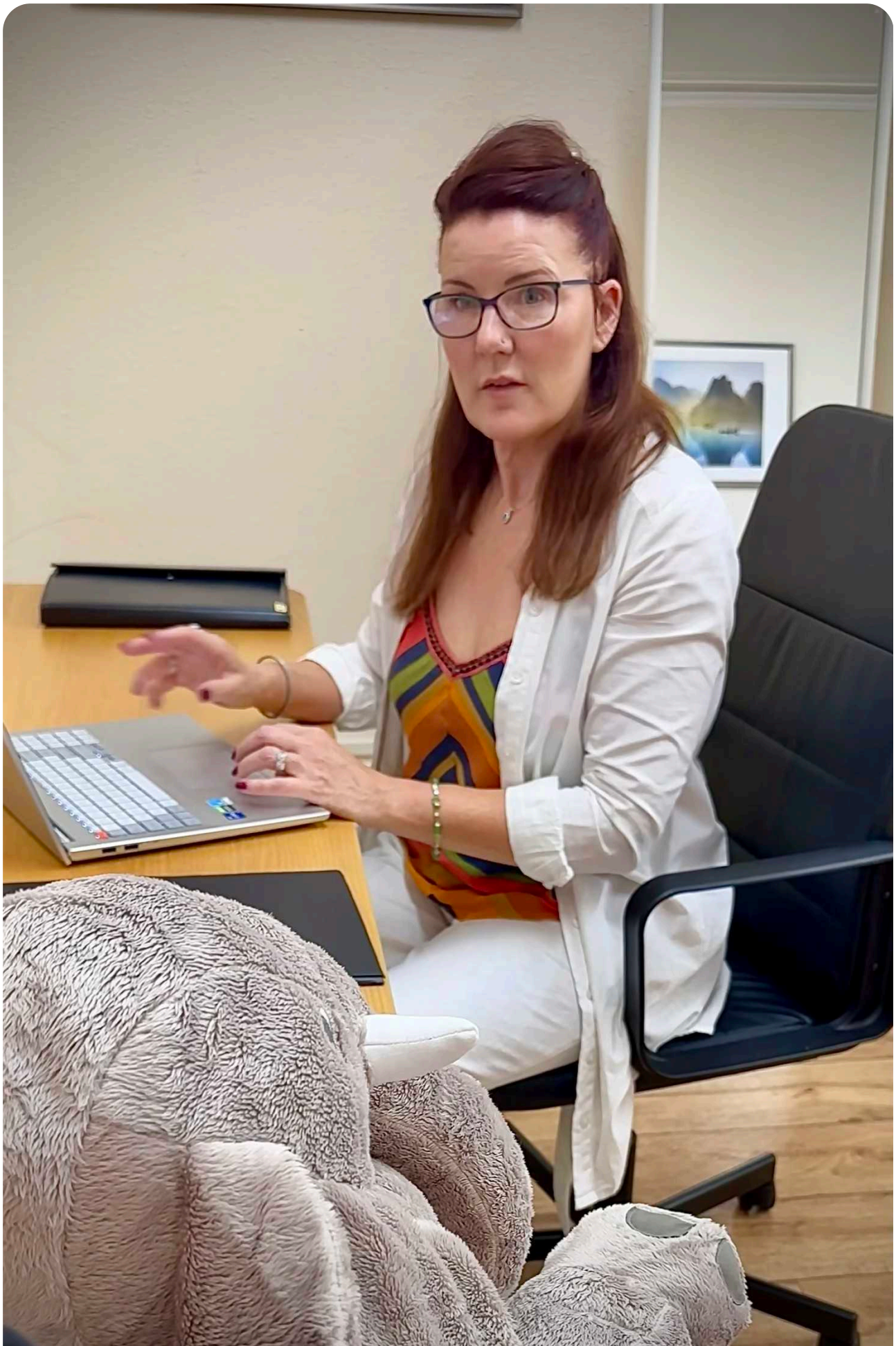
Nothing elaborate is needed, but these help:

- any childhood evidence you have, such as old school reports
- a short list of where you struggle most, so nothing slips your mind
- details of any current medication and your general health
- a glass of water and, if you would like, someone to come with you

If you have any questions beforehand, you are very welcome to ask.

After the appointment

You will not be left wondering. We talk through our initial thinking on the day where we can, then set it down properly in writing. The chapter on [getting your results](#) explains what the outcome letter and full report contain, and what each possible result means for you.





Tina Fox, Clinical Lead and Independent Prescriber at NeuroFX.

Key takeaways

- An assessment is a structured, unhurried conversation, not an exam or an interrogation.
- The clinical interview uses the DIVA-5, set aside for 2 to 3 hours, with breaks.
- Validated questionnaires and, where possible, an informant build a reliable picture, and other explanations are always considered.
- You receive a written outcome letter within 48 hours, with the full report following within 14 days.

Common questions

How long does an ADHD assessment take?

We set aside 2 to 3 hours for the clinical interview, with breaks, so there is time to talk things through properly rather than rushing.

What is the DIVA-5?

The DIVA-5 is a semi-structured diagnostic interview that organises the conversation around recognised ADHD criteria, looking at how traits show up now and how they showed up in childhood.

Do I need someone to come with me?

It is entirely optional. Some people find it reassuring to bring a partner or friend, and an informant's view can be helpful, but the assessment works either way.

When will I get the results?

You receive a written outcome letter within 48 hours of the assessment, and your full report follows within 14 days, usually sooner.

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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.