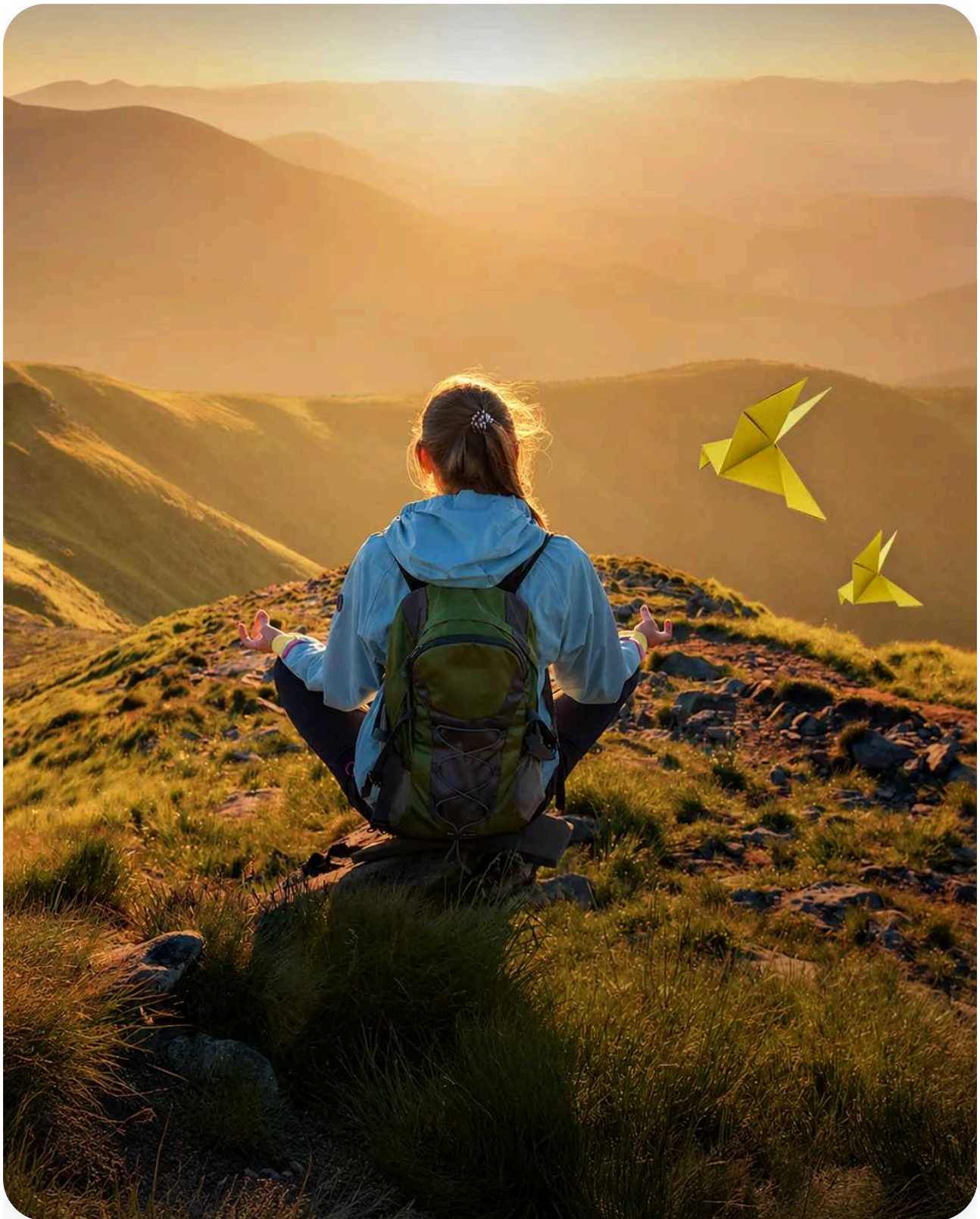


THE ADULT ADHD ASSESSMENT GUIDE

Chapter 8

Getting your results

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



Waiting for ADHD assessment results can be the most anxious part of the whole process. We try to make it the least uncertain. You will know when to expect your answer, what form it will take, and what each possible outcome means for what comes next.

What you will receive

Your result comes to you in writing, in two stages. First a clear outcome letter that states the conclusion, then a fuller report that sets out the picture in detail.

The full report is yours to keep and to share. It explains what was assessed, what was found, and what we recommend, whether that is treatment, support, or further steps elsewhere. It is written to be useful to you, to your GP, and to anyone else you choose to involve.

1 The assessment

We gather everything we need on the day, and share our initial thinking with you where we can.

2 Your outcome letter

A clear written outcome letter reaches you within 48 hours, so you are not left waiting on the headline answer.

3 Your full report

The detailed report follows within 14 days, and usually sooner, with findings and tailored recommendations.

4 What happens next

If you wish to act on the recommendations, the chapter on treatment and support sets out the options.

From the assessment to a report you can act on.

If ADHD is confirmed

If the assessment confirms ADHD, the report says so plainly and explains the reasoning. For many people this is a settling moment, the point where a lifetime of small frustrations finally has an explanation.

A confirmed diagnosis also opens doors. It gives you a recognised basis for [treatment and support](#), and for reasonable adjustments at work or in study. You

decide what to do with it, at your own pace.

If the picture is less certain

Sometimes the answer is not clear-cut on the first pass. That is not a failure of the process; it is the process being thorough. We would rather take the time to be right than rush to a label. Where helpful, we may gather a little more information, such as an informant account, before reaching a firm conclusion.

If it is not ADHD

A result of no ADHD does not mean you imagined your difficulties. They are real, and they still deserve an answer. A good assessment looks at the whole picture, so if something else fits better, such as anxiety, low mood or a sleep problem, we say so and point you towards the right kind of help. You leave with direction, not a closed door.



You move forward with clarity

Whatever the outcome, the aim is the same: you should understand yourself better than you did before, and know what your next step is. Clarity is the point. A diagnosis is one valuable form of it, and a well-explained alternative is another.

Key takeaways

- Your result comes in writing: a clear outcome letter within 48 hours, then a full report within 14 days.
- A confirmed diagnosis is explained plainly and opens access to treatment, support and adjustments.
- If the picture is less certain, we take the time to be right rather than rush to a label.
- If it is not ADHD, your difficulties are still real, and you leave with direction towards the right help.

Common questions

When will I get my ADHD results?

A written outcome letter reaches you within 48 hours of the assessment, and your full report follows within 14 days, usually sooner.

What does the full report contain?

It explains what was assessed, what was found, and what we recommend, whether that is treatment, support or further steps. It is written to be useful to you, your GP and anyone else you choose to involve.

What if the assessment says I do not have ADHD?

Your difficulties are still real and still matter. A thorough assessment considers other explanations, so if something else fits better we say so and point you towards the right help. You leave with direction, not a closed door.

Can I share the report with my GP?

Yes. The report is yours to keep and to share, and it is written to be useful to your GP and to any other professional you involve in your care.

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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.