



**Choosing the  
ADHD assessment  
that's right for you**

# The path to self-discovery can begin at any time

There's a lot of confusion and misinformation about ADHD. Many people think it's something people grow out of and that adults don't suffer with. Others think it's something that only males experience. Some people even think it's the result of poor parenting.

The truth is quite different. ADHD is experienced by both males and females and isn't caused by bad or lazy parenting. It's a complex neurobiological condition caused by brain differences. If you have ADHD as an adult, you will have also had it as a child, although it's often not detected until adulthood.

The signs are usually there from an early age - from comments in school reports about getting easily distracted to struggles with romantic and social relationships. These things may have impaired your life, prompting you to perform inconsistently and struggle to keep jobs. You might find it difficult to complete tasks, get upset easily over minor issues, and regularly experience intense feelings of frustration, guilt or blame.

You may have developed strategies to manage your daily challenges, but this can be an extremely exhausting experience. The good news is, there are things you can do to take control, regulate your emotions, and move forward with your life.

## Choosing the right path

The first step is to identify the cause of your experiences by receiving a professional assessment. But knowing where to turn can be a challenge in its own right. Some options may seem unreliable and untrustworthy. Others could take too long and might not provide you with the necessary support and treatment after your assessment. Ultimately, the right option has to be the one that gets all the details right and opens the door for meaningful change.

This guide will explain our detailed approach to diagnosing ADHD, so you understand the procedures and methods we use, giving you everything you need to confidently choose the path that's right for you.

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## What's included in our assessments?

Our ADHD assessments gather information from multiple sources, including standardised behaviour rating scales, past and current functioning, and information obtained from family members or significant others who know you well.

### You will receive:

- Five questionnaires for you to complete that seek to build a comprehensive picture of your experiences growing up and as an adult.
- One questionnaire for someone who knows you well to complete, providing us with a trusted, informed third-party perspective about your experiences.
- Access to your online portal, allowing you to track progress, upload documents and manage your assessment.
- Diagnostic interview (DIVA-5) between you and an experienced clinician to determine the presence of core symptoms of ADHD and how this impacts your daily life.
- Personalised written report that may include a formal diagnosis, clear recommendations for any necessary support, referrals for additional assessment, treatment or medication.

### We use the most reliable and well-validated diagnostic measure available

The most important part of a comprehensive ADHD assessment is the DIVA-5 diagnostic interview. This appointment aims to establish a complete picture of your experiences growing up and in adulthood. Conducted by a senior clinician who is experienced in assessing ADHD, the interview will ask detailed questions about your mental health history, before identifying any ADHD symptoms you have experienced throughout your life.

The clinician will cover a broad range of topics and ask follow-up questions to ensure that all areas of interest are covered in detail. They will review the diagnostic criteria for ADHD and determine how many of them apply to your experiences currently and since childhood. The clinician will then determine the extent to which these ADHD symptoms currently interfere with your day-to-day life.





## Participation of loved ones

ADHD cannot accurately be diagnosed from brief observations or a conversation alone. Therefore, we always ask for supporting information from family members or people who know you well. This is usually a significant other and can be a family member, parent, close friend or partner. The most important thing is for this person to have a good understanding of your behaviours and characteristics.

You may have heard this person referred to as your “informant”, but try not to worry. This isn’t about judging you or your behaviour – it’s about helping your clinician understand your developmental history and reach the most accurate conclusions.

Many adults with ADHD have difficulty recalling their own behaviour retrospectively, so this additional information is often particularly useful in helping us understand your behaviour when growing up.

While it’s possible to receive a diagnosis without the support of an informant, evidence shows that the most accurate results come from this diagnostic approach, and we want to ensure you come away with the most reliable answers.



If you’re struggling  
to find a suitable  
informant, please  
call us on

**0203 326 9160**

where a member of  
our team will be  
happy to help.



# Preparing for your clinical interview

It's normal to be a little nervous before being evaluated for ADHD. Please don't let this put you off. Our clinicians are carefully chosen, not just for their many years of experience assessing and treating people with ADHD, but also for their warmth and compassion. We always do our best to help you feel confident, safe and supported at every step.

## Helpful documents

It's always beneficial to bring any information along that will help us build a more complete picture of your experiences growing up. Old school reports, speech and language, psychology or other medical reports can help. These documents can be uploaded to your portal before your appointment.

## Questionnaires and self-report forms

We request that you complete and return the questionnaires before the evaluation and that you identify a suitable informant (family member, parent, close friend or partner) who can also participate in the assessment.

Once your appointment is confirmed, you will receive access to your online portal containing your four self-report forms (questionnaires) to complete. These forms are carefully designed to aid our understanding of you before your assessment and will help your clinicians understand your current strengths and difficulties, allowing us to make the most accurate diagnostic decisions. Your informant will also receive their questionnaire to complete and return by email.

## A gold standard report recognised by GPs, workplaces and local authorities

ADHD looks different for everyone. However it affects you, you're not alone and there are always effective strategies to help you stay on course and move forward in life.

After your assessment, you will receive a detailed written report outlining the findings that your clinical team has reached. This will include an explanation of whether the findings are consistent (or not) with a diagnosis of ADHD. We aim to provide this within 10 – 15 days of your clinical interview.



Speak to us in  
confidence today

**0203 326 9160**

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[www.clinical-partners.co.uk](http://www.clinical-partners.co.uk)

# About Clinical Partners

We are a leading provider of mental health services who work both privately and with the NHS to help people of all ages achieve better mental health outcomes. In just over a decade, we've grown to become the country's leading private mental health partnership, along the way establishing a highly experienced team of clinicians with expertise in a variety of conditions including autism and ADHD.



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