

Questions to Ask an ADHD Clinician

Thinking about an ADHD assessment?

Choosing a clinician to assess you is an important decision. Assessment processes can vary between clinicians and countries, so it can be helpful to ask questions beforehand so you know what to expect. You don't need to ask every question on this list. Pick the ones that are most important to you and your circumstances.

About the clinician

- What qualifications do you have to assess ADHD?
- How much experience do you have assessing adults for ADHD?
- How often do you assess ADHD in adults?
- Do you have experience with ADHD presentations in women?
- Do you have experience with people who have been diagnosed later in life?
- Do you have experience assessing people who may also be autistic or have other neurodevelopmental differences?

About the assessment

- What does your ADHD assessment process involve?
- How many appointments will the assessment usually involve?
- How long does an assessment take?
- What questionnaires or assessment tools do you use?
- Will you ask about my childhood as well as my current experiences?
- What kind of information will you need from me?
- Will I need someone who knew me as a child to provide information?
- What happens if I don't have access to childhood records or someone who can provide information?
- How do you distinguish ADHD from other things that can cause similar difficulties?

ADHD in women and adults

If this is particularly important to you, you could ask:

- How do you account for ADHD presentations that may be less obvious externally?
- How do you consider masking or compensating strategies?
- How do you distinguish ADHD from anxiety, depression, autism or other conditions?
- How do you consider someone who has developed strategies that help them appear to cope?

After the assessment

- How will you explain the assessment outcome to me?
- Will I receive a written report?
- What will the report include?
- If I am diagnosed with ADHD, what happens next?
- Will you discuss treatment or support options with me?
- Can you provide documentation that I can use when seeking further support?
- If you don't think I meet the criteria for ADHD, will you explain why?
- Will you suggest other possibilities or supports that might be helpful?

Practical questions

If your assessment is online or you're considering an online provider, you might also want to ask:

- Is the assessment conducted entirely online?
- Is an online assessment accepted for the support or services I may want to access?
- Will I need an in-person assessment for any particular purpose?
- What happens if I need further assessment after the initial appointment?
- What is the total cost of the assessment?
- Are there any additional costs?

Remember

You should feel able to ask questions about the assessment process and understand what you're paying for. You don't have to choose the first clinician you find. It's okay to take your time, ask questions and find someone whose approach feels appropriate for you.

This resource is for information and reflection only. Assessment processes vary between clinicians and countries. It is not a substitute for professional advice or diagnosis.