

Adult ADHD Assessment Guide

Contents

- Pre-Assessment Questionnaires
- The Assessment
- Report & Confirmation Letter
- Your Observer
- Internet and Device Requirements
- Joining Your Appointments



SEIK Psychiatry

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Pre-assessment Questionnaires

1. Questionnaires Sent After Payment:

- Once you pay for your assessment, you'll receive pre-assessment questionnaires by email. You can also access and submit them on your portal.
- These need to be completed within 3 days. If you need more time, don't worry, just let us know.
- Send the email with your observer's questionnaire link directly to them. They can fill it out and submit it using the link.
- The assessment cannot go ahead without the questionnaires returned. Check our cancellation and rescheduling policy for charges.

2. Reminders:

- You'll get reminders for missing questionnaires 7 days before your appointment.
- Check your email for reminders and follow the instructions provided.

3. Device Recommendation:

- Use a laptop or tablet, not a phone, for better experience and accuracy.

The Assessment

1. Part 1 – Psychologist Session:

- **Focus:** ADHD symptoms in childhood and adulthood.
- **Format:** Mostly yes/no questions to standardise symptom information.
- **Duration:** Approximately 90 minutes (additional charges if it exceeds the time).

2. Part 2 – Psychiatrist Session:

- **Focus:** Comprehensive psychiatric assessment to rule out other conditions, covering developmental, medical, and family history.
- **Goal:** Conclude the assessment and provide recommendations for ongoing support.
- **Duration:** Around 45 minutes to 1 hour (additional charges if it exceeds the time).

Report & Confirmation Letter

- **Report Content:** Overview of psychologist and psychiatry assessment, outcome of your assessment, and any recommendations discussed.
- **Confirmation Letter Content:** Provided only when a diagnosis is reached and states the diagnosis given.
- **Timeframe:** Sent 2-3 weeks after your assessment has completed.

Your Observer

- **Who:** Ideally a parent or guardian; alternatively, a family member, long-term partner, or friend (additional time and charges if more than one observer per appointment).
- **Role:** Attends both appointments to answer questions about your symptoms and traits relating to ADHD, and any other relevant information for the assessment.
- **Reason:** Compulsory requirement for the assessment. Advised by NICE Guidelines and requested by NHS. Provides valuable information, reducing the need for extra appointment time and costs.
- **Location:** Observer can join remotely from anywhere. For the best experience, join from the same location.

Unsure About Observer?: Speak to our onboarding team for guidance.

Internet and Device Requirements

- **Good Internet Connection:** Essential for smooth remote sessions.
- **Device:** Use a larger device like a laptop or tablet for the best experience.

Joining Your Appointments

- **Zoom Link:** You'll receive a zoom link within 24 hours of each appointment.
- **Observer joining:** Forward the zoom link to your observer to join if they're in a different location.
- **Attire:** Wear comfortable, appropriate clothing, as you would for an in-person appointment.
- **Lighting:** Ensure you are in a well-lit area where your faces are clearly visible. Avoid sitting with a light source directly behind you.
- **Minimise Distractions:** Close any unrelated apps or tabs on your device and put your phone on silent.

Additional Support & Contact

Questions or Concerns?: Don't hesitate to reach out to us for assistance.

Phone: 020 8087 0831

Email: admin@seikpsychiatry.com

Opening Times:

Monday 09:00 - 15:00

Tuesday 09:00 - 15:00

Wednesday 09:00 - 15:00

Thursday 09:00 - 12:00

Friday: 09:00 - 15:00

