

Adult ADHD Assessment Guide

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SEIK Psychiatry

12th Floor, Broadgate Tower,
20 Primrose St,
London
EC2A 2EW

02080810837

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:** A semi-structured discussion that explores traits and symptoms of ADHD (inattention, hyperactivity, and impulsivity). We encourage patients to reflect on examples of traits they feel they resonate with across different settings and time periods.
- **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.
- **Amendments:** If you become aware of any inaccuracies please send a list to us at admin@seikpsychiatry.com within 6 weeks of receiving your document.

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

