



Adult ADHD assessment information sheet

We understand that you may have been on quite a journey to get to this point. There are lots of services offering ADHD assessments and it can be tricky to decide who to choose and what your next steps might be. To help you in making this decision, this information sheet outlines our assessment process and costs. Please feel welcome to contact us to ask us any questions that you may have.

Our approach and values

- ❖ We follow National Institute for Health and Care Excellence (NICE) guidelines when completing our assessments. We use validated assessment tools. Our clinicians have received advanced training in ADHD assessment. We are fully insured and registered with our professional bodies.
- ❖ Integrity is a value that we hold dear. We take a thorough, in-depth approach to our assessments. If a diagnosis is not given, we will try our best to discover the other factors that might explain your experiences.
- ❖ ADHD presentation changes overtime, and in adulthood a more subtle or different presentation can emerge. Adults also tend to mask, compensate or disguise their challenges more, which can mean that ADHD features are not easily identified. We take this into account when carrying out our assessments to ensure that we do not miss or overlook neurodivergence.
- ❖ In addition to our expertise in ADHD, we are specialists in understanding childhood trauma and the trauma that can arise from unrecognised neurodivergence. ADHD 'burnout' is a term to describe the long-term effects of masking or disguising ADHD. It can involve feelings of shame, anxiety, depression and exhaustion. If you do tend to mask your ADHD, we hope that our work together helps you to move towards a more authentic and compassionate way of being.
- ❖ Our team are passionate about neurodivergence, and we take a gentle approach during the assessment. We try our very best to help you to feel comfortable and supported during your assessment journey. You can read more about our team here [Our Team | Discover Difference](#)

Please see below for our assessment process and fees.

Our assessment process:

- **Step 1:** You attend an initial consultation with a Clinical Psychologist online or in person (Southampton clinic). This helps you to find out whether ADHD may be a possibility for you and to think about what a diagnosis might mean to you. There is no obligation to continue to a full assessment after the initial consultation.
- **Step 2:** You attend a diagnostic interview either online or in person (Southampton). If possible, you invite someone who knows you well so that they can also provide information (e.g., a parent, partner or a close friend). If they cannot attend or you would prefer to attend the interview alone, we can provide a detailed questionnaire for them to complete. We can still complete the assessment if you do not have anyone suitable to contribute.
- **Step 3:** You complete an online computer-based attention task from home and a questionnaire.
- **Step 4:** You attend an online or in person (Southampton) assessment outcome appointment, and your report will follow.

Following assessment, we offer parent post diagnosis support, and we can link you in with independent prescribers.

Our assessment fee:

The cost of the initial consultation is £200.

The fee for the remainder of the assessment is £1500.

Frequently asked questions, including questions about prescribing medication can be found on our website [FAQs | Discover Difference Psychology Clinic](#). We would encourage you to review them before booking an assessment with us and please feel welcome to ask us any questions that you may have by emailing us at hello@discoverdifference.co.uk.

If you would like to book in for an initial assessment, please book online: <https://discover-difference-psychology-clinic.selectandbook.com/all>

Thank you for reading this information sheet.