

# A GUIDE TO THE ADHD EVALUATION PROCESS\*

## WHAT HAPPENS IN AN ADHD ASSESSMENT

ADHD (attention deficit hyperactivity disorder) is a condition where the brain works differently to most people\*\* – with problems that include trouble with concentration or trouble with sitting still. It can often be missed as a child, or not be too apparent due to gender, or often manifest once structures fall away.



STEP 01



STEP 02



STEP 03



STEP 04



STEP 05

Because ADHD is a neurodevelopmental condition, a proper diagnosis is more than just a 15-minute conversation; it is a collaborative investigation into how your brain has worked from childhood to the present day.

STEP 01

### THE PRELIMINARY CONSULTATION (30 OR 60 MIN)



A detailed clinical interview to understand your history, symptoms, and how they impact your daily life.

#### HOW DO I PREP FOR THIS?

While not necessary, it helps to have the following:

- ☐ Old school reports
- ☐ Any previous psych assessments/prescriptions
- ☐ Jot down 3-5 specific examples from the last month where your focus (or lack thereof) impacted your work, health, or relationships.

STEP 02

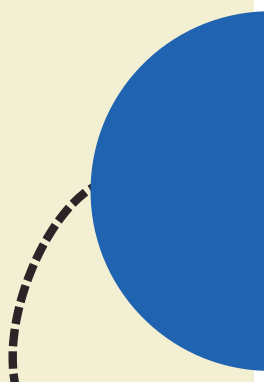
### PRE-ASSESSMENT SCREENING (AT HOME)

You (and sometimes a partner/parent) will complete validated self-report scales sent to your email.

Remember: these are screening scales, i.e. are not diagnostic of ADHD or any other concerns, but they help tell us whether a) you will benefit from longer evaluations, and b) what areas need to be addressed in particular.

STEP 03

### COMPREHENSIVE DIAGNOSTIC INTERVIEW



A deep dive using structured tools to look for ADHD symptoms across your lifespan--from childhood to now-- and rule out conditions that mimic, or may be present along with ADHD



STEP 04

### FORMULATION & REPORT

I analyze all findings and provide a detailed diagnostic report.

STEP 05

### TREATMENT PLANNING

A follow-up session to discuss medication, lifestyle strategies, or therapy

Ready to start? Book a 'First Consultation' at [draanashah.com](https://draanashah.com) to begin the preliminary evaluation.

\*FOLLOWING THE UKAAN GUIDELINES, \*\*NHS