

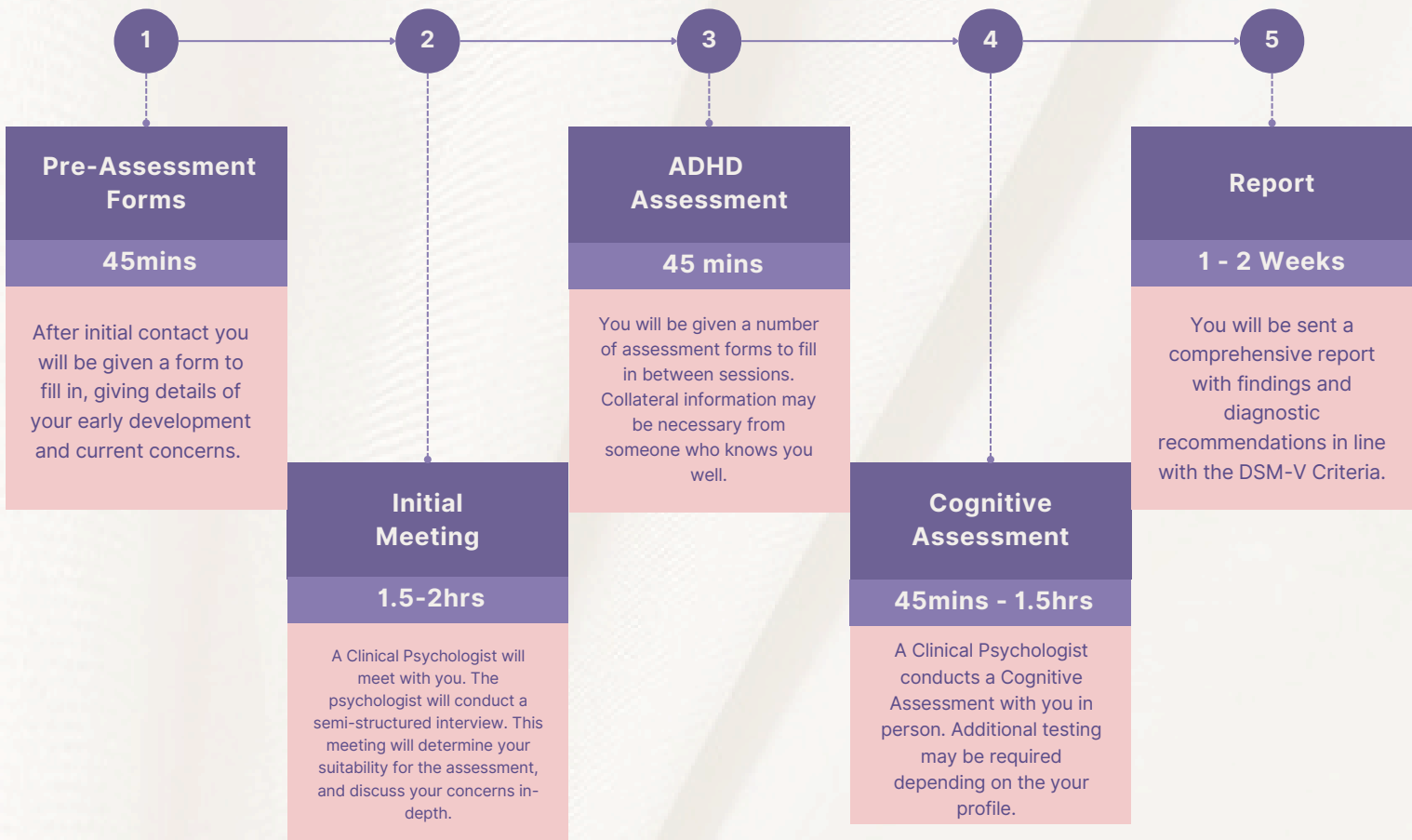


Adult ADHD Assessment

OBJECTIVES

At CBT Solutions, we understand that living with ADHD can present unique challenges that impact every aspect of your life, from work and relationships to everyday tasks. Our comprehensive Adult ADHD assessment service is designed to help you gain a clear understanding of your symptoms and their effects. Utilising the latest evidence-based tools and techniques, our experienced team provides accurate diagnoses and personalised treatment plans to empower you on your journey towards improved focus, productivity, and overall well-being.

Timeline



Important Information

Common Symptoms of Adult ADHD

Adult ADHD can manifest in various ways, often affecting different aspects of an individual's life. Some common symptoms include:

- **Inattention:** Difficulty sustaining attention, frequent careless mistakes, being easily distracted, struggling to follow through on tasks, and often losing or misplacing items.
- **Hyperactivity:** Restlessness, feeling fidgety, an inability to stay seated or still for long periods, and a constant feeling of being "on the go."
- **Impulsivity:** Interrupting others, difficulty waiting for one's turn, making hasty decisions without considering the consequences, and a tendency to blurt out answers or comments.
- **Work Difficulties:** Struggling to stay organised, missing deadlines, frequent job changes, underperforming despite potential, and issues with time management.
- **Relationship Issues:** Problems with listening, being easily distracted during conversations, impulsivity leading to arguments, and difficulties in maintaining stable relationships.
- **Daily Life Management:** Chronic disorganisation, frequent forgetfulness, trouble managing finances, and difficulty adhering to routines or schedules.
- **Emotional Regulation:** Mood swings, irritability, frustration, low self-esteem, and feeling overwhelmed by daily tasks and responsibilities.



PREPARING FOR ASSESSMENT

No special preparation is necessary, however there are some important things to remember for the day.

- Complete and return the Clinical Intake form before the Assessment
- Gather Relevant Information: Be prepared to provide relevant information about your developmental history (crawling, walking, talking etc), medical history, and academic performance in school.
- If you need **glasses** or any form of **hearing aids**, you must be wearing them for the assessment. Any assessment done with a visual/auditory impairment may be invalid.

Assessment Tools

SEMI-STRUCTURED INTERVIEW

The Clinical Psychologist will ask about your developmental history, any early signs of behavioural or attention difficulties, and significant life events. You are encouraged to express your primary concerns, detailing specific examples and contexts where these behaviours occur. The discussion delves into current symptoms, including inattention, hyperactivity, and impulsivity, and explores their impact across home, school, work, and social settings. The psychologist will also seek insights into family dynamics, educational history, and previous interventions.

STRENGTHS AND DIFFICULTIES QUESTIONNAIRE (SDQ)

The SDQ is a widely used screening tool designed to assess the psychological adjustment and behavioural difficulties for an individual. It is valuable for assessing emotional and behavioural functioning, providing valuable information for clinicians on the impact of your difficulties.

DELIS-KAPLAN EXECUTIVE FUNCTION SYSTEM (DKEFS)

The DKEFS is a set of tests specifically designed to evaluate executive functions, which are critical for goal-directed behaviour, problem-solving, and planning. This assessment covers multiple aspects of executive functioning, including flexibility of thinking, inhibition, problem-solving, and creativity. It helps identify specific executive function deficits that may be associated with ADHD, guiding targeted interventions to enhance cognitive control and daily functioning.

WECHSLER ADULT INTELLIGENCE SCALE - FOURTH EDITION (WAIS-IV)

The WAIS-IV is a comprehensive test designed to measure cognitive ability in adults. It assesses various domains of intelligence through different subtests that evaluate skills such as verbal comprehension, perceptual reasoning, working memory, and processing speed. This assessment provides a detailed understanding of an individual's cognitive strengths and weaknesses, which can be essential in diagnosing ADHD and developing effective treatment strategies.

THE BECK DEPRESSION AND ANXIETY INVENTORIES (BDI-II & BAI)

The BDI is a widely used self-report questionnaire that assesses the severity of depressive symptoms. It helps identify the presence and intensity of depression, aiding in the diagnosis and monitoring of treatment progress. The BAI is a self-report inventory that measures the severity of anxiety symptoms. It provides valuable insights into the physical and cognitive aspects of anxiety, supporting accurate diagnosis and effective treatment planning.

MILLON CLINICAL MULTIAXIAL INVENTORY-IV (MCMI-IV)

The MCMI-IV is a comprehensive psychological assessment tool that evaluates a wide range of personality disorders and clinical syndromes. It aids clinicians in diagnosing complex psychological conditions and developing tailored treatment strategies.

CONNERS' ADULT ADHD RATING SCALES (CAARS)

The CAARS is a set of rating scales used to assess ADHD symptoms in adults. It includes self-report and observer-report forms, providing a detailed picture of the individual's symptoms and their impact on daily life.

BARKLEY ADULT ADHD RATING SCALE-IV (BAARS-IV)

The BAARS-IV is an assessment tool designed to measure ADHD symptoms and associated impairments in adults. It includes both self-report and other-report forms, offering a comprehensive evaluation of current and childhood ADHD symptoms.



A NOTE ON COGNITIVE TESTING

While cognitive testing provides valuable insights into your academic abilities and cognitive functioning, it's essential to remember that it only captures a fraction of who you are. You are so much more than your test scores. You may be creative, resilient, empathetic, and full of unique talents and strengths that may not be reflected in a standardised assessment. Your curiosity, imagination, and ability to overcome challenges are qualities that cannot be quantified by a test. There are many qualities (beyond cognitive/academic skills) that are as, if not more, important for living a happy and fulfilled life.