ADHD Assessment Information Guide

A step-by-step guide to the assessment process and how we build a rounded picture of your child.

A comprehensive assessment

Our Psychology team provides structured assessments for children and adolescents who may show signs of attention deficit hyperactivity disorder (ADHD). The pathway follows NICE guidance and brings together information from home, school and clinical appointments.

ADHD symptoms must be considered across more than one environment. Speaking with your child's teachers before the pathway begins can help identify whether similar behaviours are seen at school.

> An important point: The initial consultation helps determine whether an ADHD, Autism or combined pathway is the most appropriate recommendation. An assessment does not guarantee a diagnosis.

Initial parent consultation

The process begins with a 50-minute parent consultation without your child present. This helps us understand the background, your concerns and whether the ADHD assessment pathway is the right next step.

1. Assessment paperwork

Information from parents, the child where appropriate, and school helps the psychologist understand patterns across settings.

Home forms

- Therapy4Kids intake form, including signed consent
- BASC-3 parent form and self-report form where age-appropriate, with parental supervision
- Conners 4 parent form and self-report form where age-appropriate, with parental supervision

School forms

- Therapy4Kids teacher intake form
- BASC-3 teacher form
- Conners 4 teacher form

School involvement is important. Please give us the best school contact and their email address. If you do not wish to involve school, discuss this during the initial consultation so the psychologist can consider whether another option is clinically appropriate.

2-3. Interviews and clinic assessment

The psychologist explores developmental history and observes how your child engages over a sustained period.

Structured parent interview

A structured interview with parents or carers explores current symptoms and behaviour, developmental and family history, previous therapy and other relevant experiences. It lasts approximately 50-60 minutes and can take place in person or online through Teams.

Clinic-based assessment

Your child attends an in-person observation session lasting approximately 50-60 minutes. The psychologist may use play, an art activity and conversation to observe behaviour and understand your child's strengths and needs.

A parent or carer may be involved where this helps the assessor understand how your child uses external support. If more information is needed, we may discuss observing your child at school or in another setting with your permission.

If your child feels nervous

Explain that the clinician wants to understand how they think, communicate and play. There are no right or wrong answers and it is not like a school test. They may bring a favourite object and a water bottle.

4-6. Outcome, report and feedback

The psychologist reviews all evidence before reaching a conclusion and discussing it with your family.

Evaluation and diagnostic decision

The psychologist reviews the interviews, observations, questionnaires and assessment findings to determine whether your child meets the diagnostic criteria for ADHD.

Diagnostic report

Within four weeks of receiving every required element, you will receive a detailed report explaining the outcome, findings and recommendations for home, school and community settings. The report can be shared with your child's GP, school or other professionals.

Parent feedback meeting

Once the report is complete, we will arrange a feedback meeting to discuss the findings, answer questions and share the final report.

Post-diagnostic support

Optional psychoeducation and ADHD coaching sessions are available for children and families. Therapy4Kids does not prescribe medication or provide medication monitoring. Please speak with your GP or another qualified medical professional if you wish to explore medication.

Meet our ADHD diagnostic team

Our psychologists combine structured assessment with a warm, thoughtful and evidence-informed approach.



Stephanie W



Anusha

Questions?
Contact our team on 0208 605 2050 or email info@therapy4kids.co.uk. We are happy to explain what happens next.

Therapy4Kids
189 Worple Road, Raynes Park, London SW20 8RE
0208 605 2050 · info@therapy4kids.co.uk · therapy4kids.co.uk

Document owner: ADHD Diagnostic Service Lead · Approval: Director · Effective from: September 2026 · Review date: September 2027