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# ADHD SCREENING SERVICE

**18-60 year olds**

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# About us

The ADHD Foundation Neurodiversity Charity is the national ADHD charity for the UK, and the largest user-led ADHD charity in Europe. Working in partnership with individuals, families, doctors, teachers, government and other agencies, the ADHD Foundation actively promotes a strength-based approach to living successfully with ADHD.

Our team of skilled, experienced and dedicated staff, sessional workers and volunteers, understand first-hand the issues around ADHD, sharing their experience and providing skill support and encouragement.

Many people believe that it can be difficult to obtain ADHD assessments. Here at the ADHD Foundation, we strive to deliver an accessible, efficient and high-quality service, whether you live in Liverpool or further afield.

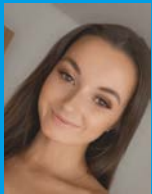
At the ADHD Foundation, we are able to offer a full ADHD screening for people aged 18 to 60. Our trained staff utilise assessment scales, interviews and the use of the QbTest to provide clinicians with accurate and detailed information to aid in a diagnosis.



**ms  
rachel  
keeton**

**Clinic Manager, MSc, BSc (Hons)  
Health Psychologist in Training**

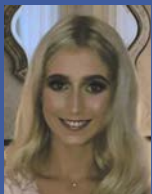
Rachel has a background in Health Psychology and is currently undertaking the Health Psychology Professional doctorate at LJMU.



**ms  
amy  
lock**

**Assistant Psychologist, MSc, BSc (Hons)**

Amy has a background in Psychology and completed her Health Psychology Masters degree at LJMU.



**ms  
megan  
brown**

**Assistant Psychologist, MSc, BSc (Hons)**

Megan completed her Clinical Health Psychology Masters at Liverpool University and has experience working as a Therapeutic support worker.



**dr  
tony  
lloyd**

**CEO of the ADHD Foundation**

Dr Lloyd is a Child and Adolescent Psychotherapist with extensive knowledge of working with children in a Child and Adolescent Mental Health Services and Education setting.

# What services do we provide?

## **Full ADHD Assessment/Screen:**

At the ADHD foundation we offer a full ADHD screen for 18 to 60 year olds. This is not a diagnosis, it is a comprehensive screen used to support a diagnosis comprising of the QbTest OR QbCheck, ADHD rating scales, Clinical interview, and Full history. This can be very helpful in determining if ADHD is present.

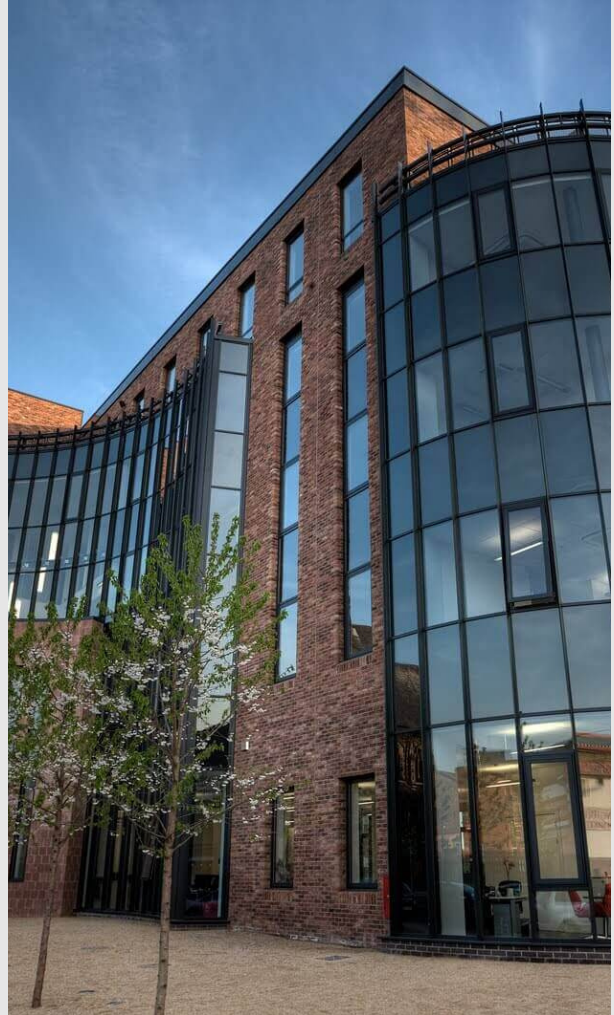
The pre-screen is not a diagnosis – it is a comprehensive screen designed to aid in the diagnosis process. It creates a body of evidence that the diagnosing clinician can then use.

We can then refer you to a Private Psychiatrist. We work closely with several private psychiatrists who can use evidence from the assessment to continue the diagnosis.

Dr Mason – He charges £350 to complete the diagnosis and £100 for medication/follow up appointments. His current wait time is 10-11 months.

Dr Naidoo, Dr Willis or Dr Bansoum – They charge £400 to complete the diagnosis and require a G.P. referral. Their current wait time is 1-2 months.

We also offer a QbTest only option – read on for more information.



## **Can I be referred to the NHS after a private diagnosis?**

In some cases, yes. However, a shared care agreement must be made with your GP. If requested we will help in this matter and write to your GP requesting the transition but it is not always possible and can take time. The best thing to do is have a discussion with your GP first about your private assessments.

## **What if I already have a consultant?**

After the screening appointment we can send your results to your consultant.

## **What if I want to use the NHS?**

If you are not on any ADHD pathway we can write to your G.P. requesting that you should be referred onto the NHS ADHD pathway based on the evidence from your assessment with us.

# What is the QbTest?



- Fully FDA cleared
- Based in 11 countries
- More than ¼ million have been tested worldwide
- Class 1 Medical device (soon to be class 2)
- Registered with EMA

The QbTest is an objective testing system that simultaneously measures attention, impulsivity and motor activity, key indicators in helping formulate a diagnosis of ADHD. The results obtained by the test may be used to help form a better understanding of any cognitive and behavioural difficulties. The QbTest helps cut through ambiguous information and strip away human error.

The QbTest is **not** a diagnosis, it is a sophisticated screening tool which is used to support a diagnosis. Only a doctor can diagnose. The QbTest is recognised by health professionals and is used to give the consultants greater confidence when diagnosing as it is very accurate.

## What do I do?

### A 20 minute task:

This is designed for 12–60 year olds. During the task, they will be presented with 4 symbols 1 at a time. These are; a red square, a red circle, a blue square, and a blue circle. The task is to only click when the same shape and colour are repeated. They will be required to click 25% of the time. The task is designed to be randomised and quick. A Qb Clinician will observe them during the test to provide behavioural observation. These can be helpful at creating a better understanding of how they did the test and what the impact of the test was.

This is completed in the ADHD Foundation's Clinic. The Clinic setting helps control external variables aiding test accuracy.

**Please read on for more details.**



# What is the QbCheck?



QbCheck is the first online ADHD test identifying a patient's likelihood of having ADHD-like symptoms and is very similar to QbTest. QbCheck is an FDA cleared and CE marked online ADHD test that supports early identification, assessment and treatment of ADHD.

It is a computer-based test that objectively measures the core signs of ADHD: Hyperactivity, Impulsivity and Inattention. During the test, a spacebar is used to respond to targets and motor activity is registered by a web camera. No images are captured during the test.

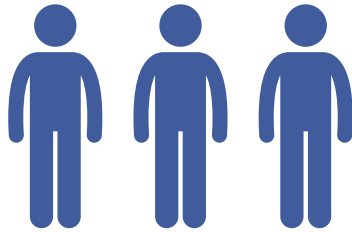
## **What do I do?**

The test should be performed on a computer with a built-in web camera. During the test, a number of symbols are shown on the computer screen. The task is to push the space bar when a certain symbol appears on the screen. Meanwhile, a web camera uses facial recognition technology to track your movements during the test. The test takes 20 minutes to complete and is not dependent on your language, reading or mathematical skills.

## **Is the test accurate?**

The QbCheck is well documented, widely used, and registered or cleared by all concerned authorities, including The European Medicines Agency (EMA) and The Food and Drug Administration (FDA).

# Requirements to access QbCheck



## Environmental Criteria:

It is crucial that you create a “clinic-like” environment at home. This should be free of any distractions and in an environment where you can perform the test to the best of your abilities. Are you able to ensure that there are no external distractions?

Complete test privately

**No one can be in the room with you while you perform the test.**

Do not complete in a cluttered room

**No visual distractions or anything to play/fiddle with.**

Well lit room

Complete the test on a desk or table

Do not wear any reflective clothing or jewellery

No interruptions and no risk of loud noises

**From friends, family members, phone ringing etc.**

No technology in the room

**All technology, such as mobile phones, must be removed from the test room.**



### **Patient Criteria:**

During the test no one can assist you in any way and no one can be in the test room with you. Ask yourself:

- Are you confident that you will be able to stay on task without clinical support?
- Are you confident that you will be able follow the set-up instructions?
- Do you think that you would perform better in a clinical setting?
- Are you confident that nothing will distract you too much during the test?

### **Technical Criteria:**

- Use a computer or Laptop with a built-in camera. No smartphones, tablets, Chromebooks, iPads or Surfaces can be used
- You must use Google Chrome web browser.
- Strong internet connection is required.
- Ensure your computer or laptop are in good working order.

# Pros and Cons of QbCheck



## PROS

- An online Test that is completed from your home
- Almost identical to the QbTest in accuracy
- Fully FDA cleared and CE marked
- Very user-friendly
- Includes an additional rating scale
- Results show probability of ADHD



## CONS

- Cannot be used on complex cases and this will be determined during triage
- No clinical observations
- Less control over the test environment - you are responsible for creating a clinic like environment at home e.g. no distractions, complete test privacy, and a suitable desk and chair
- Inability to meet these requirements means the test results may not be accurate
- Results only show probability of ADHD and are not as in-depth as the QbTest
- Long list of requirements, so not suitable for all e.g. can only be completed on a computer or laptop with a webcam/cannot be used on Chromebooks/must have a strong internet connection





# FAQs



## **Does the camera film me?**

No, the camera can only see the movement of the infrared marker. It captures how much the marker moves during the test.

## **How long does it take?**

Depending on age it can take 15 or 20 minutes.

## **What does my child have to do?**

During the test symbols are shown on the screen. Their task is to click when certain symbols appear.

## **Do language skills or dyslexia affect the test?**

No, neither of these will impact on the test.

## **Can computer gaming affect results?**

No, there is no link between video game experiences and test results.

## **Will I be able to practise?**

Yes. Before the test the clinical advisor will show you an instructional video. You will then have an opportunity to complete 1 minute practice tests and ask any questions. The clinical advisor will only start the test once they are confident that you understand the instructions and are able to complete the task.

## **What if I cannot do the test?**

In rare cases, some people cannot do the test or the test is not possible. If this happens, do not worry! This can be incredibly useful to help us understand what is impacting a person's cognitive abilities. In most cases, if a test is not possible, this is indicative of other conditions such as Autism, Anxiety, or Irlen Syndrome.



# Important information

## Where is the QbTest appointment?

ADHD Foundation  
2nd Floor  
54 St James Street  
Liverpool  
Merseyside  
L1 0AB

## How long does the whole assessment take?

2 hours in total.

## How do I refer?

Simply complete and return our ADHD referral form. We accept self-referrals and referrals from practitioners. When completing the referral form, please ensure that all the information is correct. Failure to disclose information, such as medication or other conditions diagnosed may result in invalid/unusable test results. In some cases we may not be able to release the QbTest results.

Please ensure you have ticked if you want a QbTest OR QbCheck. If you chose the QbCheck you will need to return the consent document too.

# Full assessment and diagnosis

## Full ADHD Assessment And Diagnosis (aged 18 to 60)

**Pre Screen Price: £250**



This must be paid before any appointments can be booked.



If this is something you are interested in pursuing, please complete the referral form.

## What is included?

### ADHD Rating Scales:

For people aged 18 to 60, prior to the appointment ADHD rating scales will be sent. This includes the ASRS-v1.1 Symptom Checklist, the Adult ADHD-RS-IV\* with Adult Prompts and a health checklist.

### The QbTest or QbCheck:

The QbTest will be conducted in the ADHD Foundation headquarters in Liverpool.  
The QbCheck will be conducted at your home.

### The Interview:

We use Dr Susan Young's ACE interview to help provide more context around how ADHD is impacting a person's life. We also use the current view to explore other conditions, such as sensory impairments. This will be completed over a 30 minute Phone, Skype or Zoom consultation prior to the QbTest appointment.

### Results:

You will receive your results 2 weeks after the appointment and the results will be sent to any other agency or health provider of your choice. We can schedule an additional 30 minute results discussion by phone, Zoom, or Skype if requested.





# Steps to assessment

## Step 1: Referral form

We cannot move forward with the booking until you have completed and returned the referral form. Please be advised that if you choose to email the referral form back that these are not secure/encrypted emails.

**Email the completed forms to**  
**[Ella.Davies@adhd.foundation.org.uk](mailto:Ella.Davies@adhd.foundation.org.uk)**

## Step 2: Triage

Once the referral form has been returned our trained staff will triage the referral form to ensure that we can accept you as a client. We will contact you as soon as a decision is made. This can take up to 7-10 business days depending on the information provided.

## Step 3: Payment

Once the referral form has been accepted we will contact you to take the payment. Please note that appointments cannot be booked until the payment is made. The £250 is non-refundable.

## Step 4: Appointment Booking

Once payment is received we can book your appointments as soon as possible. We will send you rating scales too. We will schedule your 30 minute phone, Skype, or Zoom consultation.

## Step 5: Face-to-face appointment

Upon arriving for the QbTest appointment we ask that only one member of your household accompanies you to the appointment (if required) to limit overcrowding in the waiting area. Only you can enter the QbTest room. We will not be able to provide any refreshments.

## Step 6: Results and Diagnosis

You will receive your child's results 2 weeks after the appointment and the results will be sent to any other agency, health provider, or school of your choice. If the pre-screen is supportive and you would like to have the diagnosis formalised we will be able to discuss your options.

# QbTest Only



## **What if I just want the QbTest, or my Doctor has completed the other aspects of the screen and has only requested the QbTest?**

It is quite common for clinicians, both NHS or private, to refer their patients to our service to access just the QbTest, or for families to only want to access this part. If you only want to access the QbTest due to any of the above reasons please mark this option on the referral form. Accessing the QbTest alone is much faster than the full assessments we offer and we are able to send the results to your clinician within days of the appointment.

## **How much does it cost?**

### **Total price: £200**

This must be paid before any appointments can be booked.

You will only take the QbTest, no rating scales or clinical interview will be completed.

## **How do I access this?**

Complete and return the referral form and tick the QbTest only option. Once the referral form has been returned our trained staff will triage the referral form to ensure that we can accept you as a client. We will contact you as soon as a decision is made. This can take up to 7-10 business days depending on the information provided and if anything is missing. Once the referral form has been accepted we will send the invoice. Please note that appointments cannot be booked until the payment is made.

Once payment is received we can book your QbTest appointment as soon as possible. You will then receive your results 2 weeks after the appointment and the results will be sent to any other agency, health provider, or school of your choice. If you have been referred by a clinician, we will send the results to the referring clinician.



# Testimonials

- ✓ **100% reported that the referral process was easy**
- ✓ **100% would definitely recommend the service**
- ✓ **95.25% felt listened to**
- ✓ **90.48% felt very satisfied with the service**

## Child Screening:

"I thought the service was wonderful and very cost effective, as I had paid thousands of pounds in psychiatry fees to get my other child assessed for ADHD. Thank you."

"All very professional, Rachel explained everything in a non threatening way as it was a little scary for my child, but Rachel gave my child a lot of confidence and we were very happy with the test."

"The whole experience was very positive. Talking about famous people with Autism/ADHD made it more real life and easier to accept. The manner that my daughter was handled in was fantastic. Feedback was clear and concise. Thank you!"



## Adult screening:

"Rachel put me at my ease and was absolutely lovely. Thank you ADHD Foundation"

"Very professional service "

"Every member of the team I spoke to or dealt with me on some level, whether just conversation or something more clinical like therapy/assessments were all wonderful. I instantly felt listened to and welcomed due to my experience there and what I have learned about myself it has had a profoundly positive effect on my life. Amazing service throughout faultless"

"Friendly, professional, thorough and honest. I felt able to discuss personal difficulties without stigma or judgement. Feel totally relieved and access to the right therapeutic support and medication since my diagnosis can only be described as 'Life Changing'"

# Important Policies

**You will be required to tick a box on the referral form to show that you have read and accept these policies. If you do not tick this box and agree to the information below we will not be able to proceed with your appointment. Similarly, if you wish to access the QbCheck, you must return the signed consent form.**

1. Payment must be made before ANY appointments can be booked, including rebooked appointments.
2. The £250 is non-refundable (including if you do not attend)

## GDPR

If you are a parent/carer/friend/spouse/employer referring someone to access the assessment who is 18 or older we will need the clients consent to proceed. We cannot accept referrals without the clients consent.

If you are a parent/carer/friend/spouse/employer referring or paying for the appointment, we will not be able to discuss any aspects of the appointment with you unless the client has given us their express consent. This includes details on the status of their assessment, appointment dates, and any results outcomes.

We will not share any results unless requested by the client. If the client was 17 at the point of referral and has turned 18 while accessing our service, the same policy will apply and we will not disclose any information about their assessment without their consent.

## What if I need to re-book the QbTest, QbCheck, or Interview appointment?

If you contact us to re-book the appointment **more than 5 working days before** the appointment is due, there is no additional charge. If you contact us to re-book the appointment less than 5 working days before the appointment is due then there is an £100 re-booking fee. If you do not attend your appointment and then call to re-book, there is an £100 fee for the new appointment. The new appointment will not be booked until the payment is made.

## What if I do not attend the interview, QbCheck, or QbTest appointment?

If you wish to re-book the appointment you would be subject to the £100 re-booking fee. The new appointment will not be booked until the payment is made.

## What if I am late to the appointment?

If the you are less than 15 minutes late to the appointment we will be able to proceed with the appointment as we will still have sufficient time.

If you are more than 15 minutes late we will not have time to complete the appointment and the appointment would need to be re-booked. This will be subject to the £100 re-booking fee which much be paid before we can re-book.

In special circumstances the re-booking fee can be waived, however this needs to be approved by the business director. It can take between 3-5 business days to make a decision.

## Coronavirus?

If you are unable to attend the appointment due to the Coronavirus, then you will be able to re-book your appointment without incurring any charges. Please be advised that we will not be able to re-fund the appointment, we will only be able to re-arrange it for a new date that suits you. In some cases, we will need to see a copy of the results.

If the Psychologist is concerned that you are showing symptoms of Coronavirus you will be asked to vacate the premises immediately and the appointment will be re-booked. You will not be subject to any re-booking fees. However, the ADHD Foundation will not reimburse any travel fees incurred.

## What if I require an interpreter?

Unfortunately, we are unable to provide interpreters for the appointment. Should one be required then you would need to source this yourself.

## What if the QbCheck is not possible?

As outlined on the consent form, in order to access the QbCheck you must meet all of the criteria. Failure to do so may result in false results, invalid results, or additional charges. If you do not meet the criteria outlined in the consent form, and the QbCheck is therefore not able to proceed, then you will have 2 options:

1. Pay a £100 re-booking fee to have the QbTest face to face assessment. This is non-refundable.
2. Leave the Qb from the assessment. The results will be marked as "not possible" in the report.

In certain circumstances we appreciate that tests may not be possible due to factors out of your control, such as power cuts or sudden illness. In these special unforeseen circumstances the re-booking fee can be waived. However, this needs to be reviewed and approved by our business director. It can take between 3-5 working days to make a decision.

## What if the QbTest is not possible?

In rare cases some people are not able to complete the QbTest. This can be due to the impact that other conditions are having on them, such as severe anxiety or Autism. It can also be due to the person refusing to comply or do the test. In these cases this information can be really helpful, as it can help us understand the difficulties they may be experiencing.

The Psychologist will make a decision at the appointment on whether the appointment can go ahead. In these cases, the assessment is still non-refundable as a report will be generated. If the school or family wish to re-do the QbTest this would be subject to the £100 re-booking charge.

It is also the parent/caregiver's responsibility to ensure nothing will impact the validity of the QbTest, such as alcohol consumption, illicit substances, exhaustion, stimulants (such as caffeine), hunger, or injury. If you require glasses you must ensure these are brought to the appointment.

The QbTest is a cognitive test. At the appointment the Psychologist will assess if anything may impact the validity of the results, such as being hungover. If the test was not possible and you wished to re-book this would be subject to the £100 re-booking fee.







## in association with

