

Important points to get across during an ADHD screening assessment

1. Being positive in 5/9 of the symptom domains for either inattentiveness and/or hyperactivity/impulsivity

This will likely come from either filling in the forms like the ASRS, *or they will interview you*, asking you the types of questions that are on the ASRS test. Test yourself online for free at <https://psychology-tools.com/test/adult-adhd-self-report-scale>

2. The disorder is affecting you MODERATELY in two or more areas of your life

Easy for you to evidence if your ADHD symptoms are impacting your ability to do your job effectively and this is causing you significant emotional distress. Examples would be that you are: not being able to focus on some tasks and are making simple mistakes, that you struggle to motivate yourself to do tasks that are not rewarding, that you have rejection sensitivity issues which mean you are constantly scared you were going to be fired, that you are struggling with paralysis and therefore some days do not get any work done at all.

It is likely also clear that your ADHD symptoms are significantly affecting your home life. Examples of this would be spending too much money on impulsive buys and getting into debt, struggling to control your emotions, not being able to focus on home-based tasks meaning that the house doesn't get tidied, your relationship with your husband is complicated because he has ADHD but your own symptoms mean that you can often respond inappropriately in emotional terms to events that happen at home, and can often hyperfocus on some activities such as Instagram, playing on your phone instead of focusing on more appropriate activities [you will have your own examples].

3. The symptoms have been there since childhood

For a diagnosis currently there has to be evidence the symptoms have been there since childhood. They may ask about school, if you don't have school reports it's best to report back that you struggled in paying attention, didn't like exams etc.

