

Diagnostic Appointment Question Prompts

Conversation starters for families meeting ADHD specialists.

Understanding the assessment

- What diagnostic criteria will you use, and how do you gather evidence?
- How will you differentiate ADHD from anxiety, trauma or learning differences?
- What questionnaires or observations will we need to complete?
- Who else will you speak to (school, GP, previous clinicians)?

Discussing support options

- If ADHD is confirmed, what psychoeducation or coaching services do you recommend?
- How do medication choices differ for children, teens and adults?
- What monitoring is required once treatment starts?
- Can you signpost to local support groups or helplines?

Planning next steps

- [] Timeline for receiving the written report.
- [] How to reach the team if problems arise before the next review.
- [] Documentation needed for school or workplace adjustments.
- [] Follow-up appointments already scheduled.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.