

Teen ADHD Assessment Prep Sheet

Help young people feel informed and in control before assessment.

What will happen?

- You will meet a clinician (doctor, psychologist or specialist nurse). They will ask about school, home life, friendships and health.
- Expect questionnaires about attention, hyperactivity, and executive skills. A trusted adult usually completes one too.
- The clinician may ask about mood, sleep, sensory differences and any support you already use. This helps rule out other causes.

Your voice matters

- What I find hardest day-to-day (home / school / community).
 - What helps me focus or calm down.
 - How I feel about possible medication or therapy options.
 - Questions I want to ask the clinician (write them here).
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Support on the day

- Bring a water bottle, something to fidget with and a copy of any reports or school letters.
- Ask for breaks if you need them; it is okay to pause.
- Plan a decompress activity afterwards (walk, favourite snack, quiet time).
- If you feel worried, tell the clinician. They are used to explaining things more than once.

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