

Hammad Ahmad

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Dear,

Thank you for completing our online triage form. After accruing all of the information from the assessment and reviewing all aspects of your presentation, we have concluded that, while you do experience a number of traits related to ADHD, you do not meet criteria for the full diagnosis of ADHD itself.

There is no doubt, however, that the symptoms that you do experience can be a source of genuine hardship and so, as a result, we would like to share with you details of our specialised app *ADHD Assistant*. This technology will help you to engage in an active psychological programme that, if persisted with over time, can make some real and lasting improvements to the experiences you described and to your overall quality of life.

The structured psychological support within *ADHD Assistant* is designed to help you work on your individual traits on an ongoing basis, and we hope you will be able to make good use of it.

To do so, please go to

<http://localhost/>

and insert following username and password.

Username=**khwj.hamm77ad@gmail.com**

password=**96847?wB\_o\$W**

Access code :**165**

On first log in – and every few weeks thereafter – you will be asked to complete a test. Please complete as instructed and, once you do, you will then be taken to the main app.

In the main app you will find a list of “7 Commitments”. These are exercises that you should do every day and they are divided into morning and afternoon exercises. As you complete the exercises, your performance will be recorded in the stats tab. There you can see how well you are doing in terms of completing the exercises each day.

These exercises are specially designed to help you work on the core areas of deficit that you described. By working on them in this way, every day, you will likely reduce the impact these deficits have in your life over time, gradually rewiring and recalibrating your responses and behaviours. The key is persistence. In order to help you keep on track, the app will send you notifications a couple of times a day and, for this reason, we ask you to keep the app notifications on. If you work with it, you will start to notice a difference over time.

Otherwise, we are now discharging you from our service and very much hope that you will be able to utilise and persevere with the support provided and consequently see improvements in the future. Thank you again for taking the time to engage in this assessment process and we wish you all the very best for the future.

Yours Sincerely,