



ASSESSMENT SCHEDULE

- 1 Initial Intake**
1 hour
- 2 Clinical Interview**
1 hour
- 3 Assessment**
Testing and computer-based tasks
- 4 Feedback Session**
1 hour for a summary report, 2 hours for a comprehensive report

ASSESSMENT INCLUSIONS

What every assessment includes:

- Clinical interview
- Full assessment administration
- All test equipment and materials
- Rating scales (as appropriate)
- A feedback session with the clinical psychologist
- A comprehensive assessment report
- One digital copy of the completed report

REPORT OPTIONS

Summary Report: a concise overview of the findings and outcome.

Comprehensive Report: a detailed report with full findings, formulation and recommendations.

ASSESSMENT FEE

Fees are confirmed in writing before the assessment begins. Please contact our office for further details.

0427 518 774

ADHD Assessment Adult

A diagnostic assessment for ADHD looks closely at attention, activity levels, impulsivity and executive functioning, and how these affect you across everyday settings. It gives you a clear, evidence-based understanding of your difficulties and, where the criteria are met, a formal diagnosis to guide support and next steps.

WHO IT IS FOR

This assessment suits adults who recognise longstanding difficulties with attention, organisation, restlessness or impulsivity, and want clarity about whether these are consistent with ADHD. It is suited to those seeking a first diagnosis.

TAILORED TO YOU

Every assessment is tailored to you and the concerns raised at referral. The clinical psychologist selects the measures most relevant to your situation and draws on information across different settings in your life.

WHAT WE ASSESS

The assessment is guided by DSM-5-TR criteria for ADHD and considers:

- Inattention
- Hyperactivity and impulsivity
- Executive functioning
- Emotional regulation
- Impact across home, work and study
- Co-occurring difficulties

Assessment Measures

The battery is tailored to each person and confirmed at the clinical interview. Depending on presentation and referral question, it may draw on the following.

DSM-5 Cross-Cutting Symptom Measure (Adult)

A brief self-report screen across 13 mental health domains that highlights symptoms relevant across diagnoses and helps guide areas for closer assessment.

Depression, Anxiety and Stress Scales (DASS-42)

A 42-item self-report questionnaire that measures the severity of depression, anxiety and stress, helping to identify co-occurring emotional difficulties.

Conners Adult ADHD Rating Scales (CAARS)

A self-report and observer rating scale measuring ADHD symptoms in adults across inattention, hyperactivity and impulsivity, giving a structured picture of how symptoms present day to day.

Comprehensive Executive Function Inventory (CEFI Adult)

A self-report questionnaire measuring everyday executive functioning across attention, emotion regulation, flexibility, inhibitory control, initiation, organisation, planning, self-monitoring and working memory.

MOXO Continuous Performance Test

A computer-based test that provides objective measurement of the four core areas of ADHD: attention, timing, impulsivity and hyperactivity.

Adaptive Behaviour Assessment System, 3rd Edition (ABAS-3)

A standardised rating scale that assesses the practical skills needed for daily living across conceptual, social and practical domains.

THE REPORT

A comprehensive report outlining the assessment findings, the diagnostic outcome, and practical recommendations to support you day to day.

FEEDBACK SESSION

A dedicated feedback session with the clinical psychologist to walk through the findings, answer your questions, and discuss recommendations in detail.

WHY CHOOSE US

- Experienced clinical psychologist
- Rigorous, evidence-based assessment
- Tailored to your needs
- Respectful, person-centred approach

NEXT STEP

If any of this sounds familiar, please phone or email our office to discuss your needs and booking options.