

ADHD assessment preparation worksheet

From ADHD Helper, adhdhelper.co.uk/guides/adhd-assessment-prep-worksheet/
Version: 27 July 2026. Information only, not medical advice and not a diagnosis. Only a qualified clinician can diagnose ADHD. The point of preparing is to give an accurate picture, not to steer the outcome.

Print this and fill it in over a week or so. Real, specific, everyday examples are far more useful to an assessor than general statements.

1. Your difficulties, setting by setting

For each setting, note 2 or 3 concrete examples of how attention, organisation, restlessness or impulsivity affect you. Include what it costs you (time, money, stress, missed things).

At work (or previous jobs)

- Example 1:
- Example 2:
- Example 3:

At home (bills, cleaning, cooking, appointments, post)

- Example 1:
- Example 2:
- Example 3:

Relationships (partner, family, friendships)

- Example 1:
- Example 2:
- Example 3:

Education (school, college, university, training, then and now)

- Example 1:
- Example 2:
- Example 3:

2. The long pattern

Assessments look for a pattern that started early and has persisted.

- What do you remember from childhood and school (report comments, nicknames, detentions, "could do better", daydreaming, fidgeting)?

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- Do you have school reports or can a parent or older relative describe what you were like? Bring the reports if you have them.

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- When did the difficulties cause the most trouble in your adult life?

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3. Health background

- Other diagnoses or conditions (physical and mental health):
- Current medications and doses:
- Mental health history (low mood, anxiety, sleep):
- Family history of ADHD or similar traits:
- Alcohol, caffeine and other substances (be honest; it affects safe prescribing):
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4. What assessors commonly ask

You do not need scripted answers; just know your examples. Expect questions like:

- When did these difficulties start, and what were you like as a child?
- How do they show up now, in more than one part of life?
- What have they cost you (jobs, study, money, relationships, driving)?
- How is your mood, anxiety and sleep? (screening for other explanations is a normal part of a good assessment)
- What do you hope will change with a diagnosis or treatment?

Many providers also send questionnaires beforehand and may ask someone who knows you well to contribute. Check what your provider wants.

5. Your questions for them

- What does the assessment involve and how long does it take?
- What are the clinician's qualifications for assessing adult ADHD?
- What happens afterwards for medication, follow-up and shared care with my GP, and what would each cost?

- Add your own:

Information only, not medical advice. Related pages: adhdhelper.co.uk/guides/prepare-for-adhd-assessment/ and adhdhelper.co.uk/assessment/find-a-provider/