



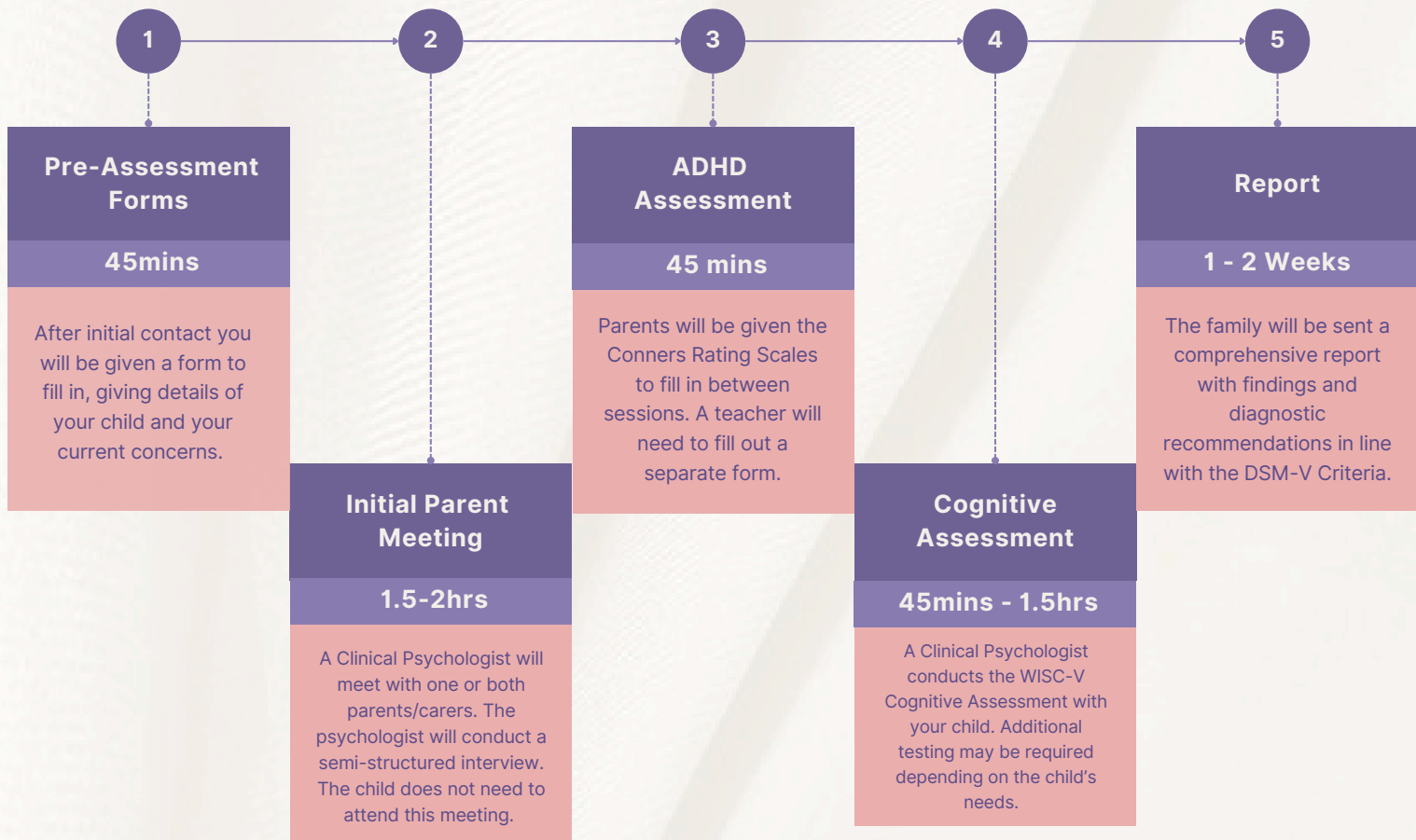
CBT SOLUTIONS

## ADHD ASSESSMENT

### OBJECTIVES

At CBT Solutions, we recognise the importance of understanding and addressing Attention Deficit Hyperactivity Disorder (ADHD) in children. Our ADHD assessment process is designed with several key objectives in mind. Firstly, we aim to accurately diagnose ADHD through a comprehensive evaluation of the child's behaviour and cognitive functioning. Additionally, our assessment seeks to identify the unique strengths and areas of difficulty for each child, and differentiate ADHD from other potential explanations for their behaviours.

## Timeline



# Important Information



## PREPARING FOR ASSESSMENT

No special preparation is necessary, however there are some important things to remember for the day.

### Parents

- Complete and return the Clinical Intake form before the Assessment
- Gather Relevant Information: Be prepared to provide relevant information about your child's developmental history, medical history, academic performance, and any concerns or observations you have regarding their cognitive abilities and behaviour.
- While parents may be in the room for the assessment, you **cannot** assist or prompt your child in any way. It is understandable you want your child to perform at their best, however, aiding them can invalidate the assessment process.
- Stay Positive and supportive. Maintain a positive and supportive attitude throughout the assessment process.
- Encourage your child to do their best, but also reassure them that there are no right or wrong answers.

### Children

- If your child needs **glasses** or any form of **hearing aids**, they **must** be wearing them for the assessment. Any assessment done with a visual/auditory impairment may be invalid.
- Try to keep the day prior to the assessment as normal and routine as possible. Don't introduce any major life/routine changes in the week before the assessment.
- It is important no other children are present during the assessment. If you have other children, they must be at home with another parent or minder.
- Depending on their age and developmental level, have an age-appropriate conversation with your child about the assessment. Explain why it's important and reassure them that it's not a test they can pass or fail.

# Assessment Tools

## SEMI-STRUCTURED INTERVIEW

The Clinical Psychologist will ask about the child's developmental history, any early signs of behavioural or attention difficulties, and significant life events. Parents are encouraged to express their primary concerns regarding their child's behaviour, detailing specific examples and contexts where these behaviours occur. The discussion delves into the child's current symptoms, including inattention, hyperactivity, and impulsivity, and explores their impact across home, school, and social settings. The psychologist will also seek insights into family dynamics, educational history, and previous interventions.

## STRENGTHS AND DIFFICULTIES QUESTIONNAIRE (SDQ)

The SDQ is a widely used screening tool designed to assess the psychological adjustment and behavioural difficulties of children and adolescents. It is valuable for assessing children's emotional and behavioural functioning, providing valuable information for clinicians, educators, and parents to support children's mental health and well-being.

## THE CONNERS RATING SCALES

The Conners rating scales are widely used assessment tools designed to evaluate various aspects of ADHD and related behavioural issues in children and adolescents. They provide valuable information for diagnosing ADHD, assessing symptom severity, and monitoring treatment progress. The Conners rating scales typically consist of a series of statements or questions about the child's behaviour, which are rated on a scale (e.g., from "Not at all" to "Very much"). The scores are then used to assess the presence and severity of ADHD symptoms and other behavioural problems. The Conners rating scales are typically filled out by multiple raters who interact with the child or adolescent regularly, including parents, teachers, and self-report for older children/adolescents.

## THE WECHSLER INTELLIGENCE SCALE FOR CHILDREN, FIFTH EDITION (WISC-V)

The WISC-V is a widely used standardised IQ test designed to assess cognitive abilities in children aged 6 - 17yrs. The WISC-V provides a comprehensive assessment of a child's cognitive abilities across a range of domains, including verbal comprehension, visual-spatial reasoning, fluid reasoning, working memory, and processing speed. It is designed to measure both overall intellectual functioning (Full-Scale IQ) and specific cognitive strengths and weaknesses.

# Assessment Tools

## THE BECK YOUTH INVENTORY (BYI)

The Beck Youth Inventory (BYI) is a self-report assessment tool designed for children and adolescents aged 7 to 18 to evaluate emotional and social difficulties. It consists of five subscales: Depression, Anxiety, Anger, Disruptive Behaviour, and Self-Concept. The inventory helps clinicians and researchers identify and assess feelings of sadness, hopelessness, nervousness, irritability, conduct problems, and self-esteem issues in young individuals, aiding in diagnosis and treatment planning. The BYI can provide additional information about the child or adolescent's emotional and social functioning, helping clinicians to differentiate between ADHD symptoms and other potential mental health concerns.

## THE ACHENBACH SYSTEM OF EMPIRICALLY BASED ASSESSMENT (ASEBA)

The ASEBA is used in ADHD assessments because it provides a comprehensive evaluation of emotional and behavioural difficulties in children and adolescents. By including measures for internalising and externalising problems, it helps clinicians differentiate ADHD symptoms from other issues like anxiety or conduct problems. Its multi-informant approach, gathering data from parents, teachers, and youths, ensures a thorough understanding of the child's behaviour across different settings. This comprehensive assessment aids in accurate diagnosis and tailored intervention planning for ADHD.



## A NOTE ON COGNITIVE TESTING

While cognitive testing provides valuable insights into your child's academic abilities and cognitive functioning, it's essential to remember that it only captures a fraction of who they are. Your child is so much more than their test scores. They are creative, resilient, empathetic, and full of unique talents and strengths that may not be reflected in a standardised assessment. Their curiosity, imagination, and ability to overcome challenges are qualities that cannot be quantified by a test. As you navigate this process, I encourage you to celebrate all of your child's accomplishments, big and small. Embrace their individuality, and cherish the moments that showcase their personality, kindness, and character. Remember, cognitive testing is just one piece of the puzzle in understanding your child's development. There are many qualities (beyond cognitive/academic skills) that are as, if not more, important for living a happy and fulfilled life.