



Leaflet 2: What Is a Developmental History or Informant Interview?

Understanding the Role of Early Life Information in Autism and ADHD Assessments

As part of our diagnostic process, we gather a *developmental history*—a conversation with someone who knew the individual during childhood. This helps us build a full picture of how neurodivergent traits may have been present from an early age.

For Children

The developmental history is usually completed with a parent or caregiver. It takes around 60–90 minutes (please allow up to 3 hours) and focuses on:

- Early milestones (speech, motor, feeding, toileting)
- Play, social interaction, and communication
- Sensory preferences or differences
- Emotional regulation, routines, and behaviour
- School experiences, friendships, and learning

We use this information alongside direct observations and school input. We do not expect perfect recall—examples or general impressions are welcome.





For Adults

If you are being assessed as an adult, we ask to speak with someone who knew you well during childhood—ideally a parent, carer, sibling, or long-term family member. This is often called an *informant interview*. It gives us insight into early developmental patterns and helps confirm that neurodivergent traits were present before the age of 12 (as required by diagnostic criteria).

If no suitable informant is available, we can still proceed with the assessment using:

- Personal recollections
- School reports or medical records
- Autobiographical information

The developmental history/informant interview is never about blaming parents or looking for problems. It is simply about understanding the full story.

Please note - we can interview a friend if necessary. If no one is available, let us know as soon as possible and we will adapt your appointment accordingly.