

## ADHD REFERRAL TOOL

Dear Healthcare Provider,

This individual has approached you with a request for a referral to a specialist team to conduct an ADHD assessment. They have been experiencing long-standing symptoms that have significantly impacted their daily lives. It takes great courage and strength to seek help, and your prompt and professional attention to this matter would be greatly appreciated. Your assistance would enable the patient to receive the necessary treatment and support to improve their quality of life.

### NOTE TO HEALTHCARE PROFESSIONAL:

**It is essential to acknowledge that the symptoms described by this patient may differ from your conventional understanding of ADHD symptomology. This is because of gender bias in ADHD research and subsequently in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V), which has resulted in significant disadvantages for generations of females throughout their lives.**

Tick all that apply:

<input type="radio"/> I need help paying attention or staying focused in work/school or day-to-day activities.	<input type="radio"/> I tend to procrastinate or delay tasks.
<input type="radio"/> I find organising tasks, managing time, and completing projects challenging.	<input type="radio"/> I am forgetful, lose things frequently, and am easily distracted.
<input type="radio"/> I feel restless or have trouble sitting still, especially in situations that require prolonged concentration.	<input type="radio"/> I have chronic difficulty maintaining motivation or sustaining effort over time.
<input type="radio"/> I frequently struggle to estimate how long tasks take to complete.	<input type="radio"/> I struggle to regulate my emotions, experience mood swings, or feel overwhelmed.
<input type="radio"/> I feel restless and bored a lot of the time.	<input type="radio"/> I feel a sense of frustration or dissatisfaction with my ability to meet personal goals or fulfil responsibilities.

<input type="radio"/> I tend to hobby-hop (move from hobby to hobby or task to task).	<input type="radio"/> I am quickly bored.
<input type="radio"/> My mind is constantly on 'the go'.	<input type="radio"/> I struggle to concentrate on things I don't find exciting.
<input type="radio"/> I hyperfocus when I find things interesting, compromising other vital tasks.	<input type="radio"/> I am susceptible to rejection and have over-reactive emotions if I am criticised.
<input type="radio"/> I forget about the plans or appointments I have made.	<input type="radio"/> I fidget or squirm when sitting down for long periods.
<input type="radio"/> I feel compelled to do things like a motor is driving me.	<input type="radio"/> I overlook things or make mistakes easily.
<input type="radio"/> People think I talk too much.	<input type="radio"/> I interrupt others when they are talking.
<input type="radio"/> I finish other people's sentences when they are talking.	<input type="radio"/> I struggle to unwind or relax when I have the opportunity.
<input type="radio"/> I have difficulty waiting my turn.	

Additional information:




*This tool is the intellectual property of She Thrives ADHD<sup>®</sup>. It has been designed to facilitate discussions between patients and their healthcare providers about potential ADHD assessments. Unfortunately, many women face obstacles when seeking diagnosis due to gender bias in research and societal perceptions of ADHD. As a result, they may feel dismissed or be misdiagnosed with a mental health condition such as anxiety.*

***This person genuinely seeks your help in exploring a diagnosis as they believe their symptoms align with ADHD.***