



YORKSHIRE
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UNDERSTANDING YOUR ADHD ASSESSMENT: A GUIDE TO BACKGROUND HISTORY AND DIVA INTERVIEW

INTRODUCTION

This guide aims to demystify the ADHD assessment process where we will be taking your background history and conducting the DIVA interview. Overall, your assessment appointment will likely take around 2 hours.

Our goal is to ensure you feel informed, comfortable, and supported throughout this process. As a neuro-affirmative practice we are very happy for you to take as many breaks as you need, walk around and/or use fidget items as required and would encourage you to let us know if there is anything more we can do to make this process more comfortable for you.

PART 1: TAKING YOUR BACKGROUND HISTORY

WHAT IS BACKGROUND HISTORY?

Taking your background history is a comprehensive approach to understand your past and present health, behaviour, and lifestyle. This step is crucial for getting a holistic view of your life experiences, which might impact your mental health and well-being.

WHAT TO EXPECT:

Personal and Family Health History: We'll discuss your personal health history and if there's a history of ADHD or other mental health conditions in your family. This helps us understand any genetic or environmental factors that might be relevant.

Educational and Occupational History: We'll explore your academic and work experiences, focusing on any challenges or patterns that might indicate ADHD symptoms.

Social and Behavioural History: Understanding your social interactions, relationships, and any substance use is vital. It helps us see how ADHD might be affecting different areas of your life.

Mental Health History: We'll discuss any previous mental health diagnoses or treatments, as ADHD often coexists with other conditions.



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HOW TO PREPARE:

Reflect on Your History: Think about your experiences in education, work, and relationships. Noting down any significant patterns or challenges can be helpful. It can sometimes be helpful to discuss your early life with family members as they may recall things you do not.

Gather Any Relevant Documents: Educational records, school reports, previous health records, or any reports from previous psychological assessments can provide valuable insights.

PART 2: THE DIVA INTERVIEW

WHAT IS THE DIVA INTERVIEW?

The DIVA (Diagnostic Interview for ADHD in Adults) is a structured interview specifically designed to assess ADHD symptoms in adults. It focuses on identifying the presence of ADHD symptoms in childhood and their persistence into adulthood.

WHAT TO EXPECT:

Structured Interview: The DIVA interview is conducted in a structured manner, focusing on 18 symptoms of ADHD divided into two main categories: inattentiveness and hyperactivity/impulsivity.

Childhood and Adult Symptoms: We'll explore the presence of these symptoms during your childhood (before the age of 12) and their continuation into adulthood. This involves discussing specific examples and situations from your life.

Impact on Functioning: It's crucial to assess how these symptoms have affected your daily functioning in various settings, including work, home, and social environments.

HOW TO PREPARE:

Think About Your Childhood: Try to recall specific instances from your childhood and school years that might illustrate ADHD symptoms.

Consider Your Current Challenges: Reflect on how the symptoms continue to affect you in adulthood, particularly in areas like work, relationships, and daily tasks.

Screening forms: Complete the screening forms which have been sent to you in your confirmation email in as much detail as possible. This will help you to think about how ADHD symptoms might be affecting your life and reduce what you need to remember to share with us during the assessment.



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CONCLUSION

Your openness and participation in this process are invaluable. Understanding your background and conducting the DIVA interview are critical steps in accurately diagnosing ADHD and crafting a tailored treatment plan that addresses your unique needs. Remember, this journey is a collaborative effort, and we are here to support you every step of the way. Please do get in touch if you have any questions.