

Dear

**FREEDOM OF INFORMATION – ADHD**

I write in response to your request for information in relation to ADHD assessments.

Question:

1. The current average waiting time for an ADHD Adult assessment in the NHS Lothian area from referral to first appointment in months.

Answer:

East Lothian	The current average waiting time is approximately 120 months
Edinburgh	The current average waiting time is 23.5months
Midlothian	The current average waiting time is 12months
West Lothian	The current average waiting time is 37.25months.

Question:

2. The number of adults in the NHS Lothian area currently on the waiting list for this calendar year, and for each year between 2018-2023. Please provide this information as a total, then also provide a split by gender and/or sex.

Answer:

East Lothian	<ul style="list-style-type: none"> <li>• Waiting lists are for patients currently still waiting for an appointment. Previously seen in medic clinics so unable to provide number of referrals for ADHD (Neurodiversity service not created at this point with no specific ADHD WL)</li> <li>• No patients on WL prior to 2020.</li> <li>• 988 total currently on WL</li> <li>• Split into years:             <ul style="list-style-type: none"> <li>○ 2020 - 01</li> <li>○ 2021 - 23</li> <li>○ 2022 - 254</li> <li>○ 2023 - 549</li> <li>○ 2024 161 to April 2024</li> </ul> </li> </ul> <p>We do not have a report with male/female split.</p>
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Edinburgh	See table below
Midlothian	We are unable to provide data prior to August 2021 due to the way the data was recorded.  August 2021 – December 2021 - 35 - Male 11 Female 24 January 2022 – December 2022 - 143 - Male 52 Female 91 January 2023 – 25 July 2023 - 315 - Male 120 Female 195  Aug 2023 - to current 152 Current male: 38 Current female: 114
West Lothian	I do not have this information, I assume analytics can obtain.

	2018	2019	2020	2021	2022	2023	2024	Total
Female	5<	23	157	685	1,476	2,068	527	<b>4,938</b>
Male	5<	25	120	474	998	1,298	337	<b>3,255</b>
Not Specified			5<	5<	5<	5<		*
Total number of patients	<b>5&lt;</b>	<b>48</b>	*	*	*	*	<b>864</b>	*

To protect the identity of the individuals involved any figure of 5 or less has not been shown in the table above. Since we do not have their consent to release this data from their records, the information is exempt under section 38(1)(b) of the Freedom of Information (Scotland) Act i.e. to provide it would breach the Data Protection Act (2018). \*For the same reason combined figures cannot be provided.

Question:

3. The number of Adult ADHD assessments carried out in each year between 2018-2023, and a number so far for 2024.

Answer:

East Lothian	<ul style="list-style-type: none"> <li>• Data not available between 2018 and end of 2022. May have been some assessments carried out by medics in their own clinics and assessments were temporarily stopped during Covid due to assessments having to be carried out face to face. Neurodevelopmental service started January 2023. Waiting list started 2019. <ul style="list-style-type: none"> <li>○ 2023 - 76 assessments carried out</li> <li>○ 2024 - 29 assessments carried out so far</li> </ul> </li> <li>• This does not include follow ups/titration clinic.</li> </ul>
Edinburgh	See table below.
Midlothian	The electronic data is not held in a way that allows us to extract it.
West Lothian	Not possible to get this information as we have a joint ASD/ADHD list and assessment may be for either

Year seen	Number seen
2023	425
2024 (Jan - 15th May)	190
This table includes information on number of patients seen broken down by year seen	

Question:

4. The number of psychiatrists in the NHS Lothian area currently trained to provide Adult ADHD diagnoses. Please also specify the number who are actively screening patients.

Answer:

East Lothian	<ul style="list-style-type: none"> <li>All Consultants (x4) can provide ADHD diagnoses; however, assessments no longer take place in medic clinics. Currently one Consultant post not filled. All ADHD referrals now directed to the Neurodevelopmental service.</li> <li>There is only one Consultant who runs the ADHD clinics and therefore, actively screening patients. There are also 4 trained ADHD assessment nurses, but diagnosis is made by the Consultant following assessment.</li> </ul>
Edinburgh	All general adult psychiatrists in Edinburgh can diagnose ADHD but clearly not all of them would do this routinely. The junior doctors posted into the community clinics will see the ADHD patients under supervision. Community consultants screen the referrals as they come in.
Midlothian	There are 4 psychiatrists who all screen patients.
West Lothian	There are 2 currently trained and providing a regular service in West Lothian

Question:

5. Criteria for determining the priority for patients to be seen. Please share information detailing how the order of patients being screened is determined.

Answer:

East Lothian	<ul style="list-style-type: none"> <li>Patients are seen in chronological order from date of referral. If they are transferring from CAMHS or another NHS Lothian area, original date of referral to that service is used.</li> <li>Priority/urgent assessments - Requests for urgent assessments are reviewed by a consultant psychiatrist. Instances where such a request may be agreed to are where ADHD seems likely, and treatment of ADHD could reduce the risk of one of the following: <ol style="list-style-type: none"> <li>significant deterioration in physical health (for instance where an individual with Type 1 diabetes was struggling to comply with medical follow up appointments or concordance with medication)</li> <li>significant deterioration in mental health (for instance where an</li> </ol> </li> </ul>
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	<p>individual with a significant mood disorder was struggling to comply with medical follow up appointments or concordance with medication)</p> <ol style="list-style-type: none"> <li>3. a significant risk of completed suicide.</li> <li>4. a significant risk of a patient's children being taken into care by social work.</li> <li>5. a significant risk to a patient's job (for instance if they were subject to formal performance procedures, which could result in termination of employment).</li> </ol> <p>This is not an exhaustive list but gives an indication of the degree of risk that would justify an expedited assessment.</p>
Edinburgh	Patients are screened in date order
Midlothian	There are no specific criteria.
West Lothian	Patients are seen in order of referral as per Waiting Times Guidance. Where there is a serious comorbid mental illness the person's assessment may be expedited

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at [www.itspublicknowledge.info/Appeal](http://www.itspublicknowledge.info/Appeal). If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

**ALISON MACDONALD**  
**Executive Director, Nursing, Midwifery and AHPs**  
Cc: Chief Executive