

Date 11/04/2025
Your Ref
Our Ref 9868

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Dear

FREEDOM OF INFORMATION – AUTISM AND ADHD

I write in response to your request for information in relation to Autism and ADHD

Question:

1. Can you confirm if you still have an available pathway for diagnosis of adult Autism and ADHD?

Answer:

Yes for all Health and Social Care partnerships.

Question:

2. The What criteria do you have for someone to be referred for diagnosis?

Answer:

I copy the RefHelp guidance here, it can also be accessed at:

ADHD <https://apps.nhslothian.scot/refhelp/guidelines/mentalhealthadult/adhdinadults/>
ASD [Autism Spectrum Disorders \(ASD\) and Aspergers \(Adults\) – RefHelp](#)

This information is exempt under Section 25 of the Freedom of Information (Scotland) Act 2002
- Information otherwise accessible

(1) Information which the applicant can reasonably obtain other than by requesting it under section 1(1) is exempt information.

ADHD

Assessment for ADHD should

1. *Check for symptoms*
2. *Assess the level of functional impairment experienced*

1 Check for symptoms

The symptom screener used is based on the [Adult ADHD Self-Report Scale \(ASRS-v1.1\)](#) opens a new window checklist, is an instrument consisting of the eighteen DSM-IV-TR criteria. Ask the

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patient to complete the Symptom-Screener by marking an X in the box that most closely represents the frequency of occurrence of each of the symptoms.

If four or more marks appear in the darkly shaded boxes within Part A then the patient has symptoms highly consistent with ADHD in adults and further investigation is warranted.

2 Assess Level of Functional Impairment

Review the symptom screener with your patient and evaluate the level of impairment associated with their symptoms.

Consider work, education, social and family settings. The [WEISS functional impairment rating scale self-report \(WFIRS-S\)](#)[opens a new window](#) may be used to assess impact on functioning in more depth.

If a patient describes impact on functioning in two or more areas consider a referral to your locality mental health team.

Who to refer:

A referral to the patient's local adult mental health sector team (CMHT) for further assessment and treatment should be considered where:

- The patient shows no improvement following initial interventions and / or*
- The patient scores four or more on the ADHD symptom screener and / or*
- The patient is experiencing significant functional impairment in two or more areas (e.g. family life, work, education, looking after self, social life, risk taking)*

Referrals should be made using the adult mental health SCI referral protocol

Please include the initial symptom screener score with the referral.

Who not to refer:

Patients with or without a formal diagnosis who have mild impairment should not be referred for specialist assessment & treatment in the first instance. For these patients the following

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. 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.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive