

Date 20 July 2026
Your Ref
Our Ref 11604

Enquiries to Richard Mutch
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Dear

FREEDOM OF INFORMATION – ADHD ASSESSMENTS

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

Question:

1. Does your Health Board currently provide NHS assessment for adults (aged 18 and over) with suspected ADHD?
2. Which service or department carries out these assessments?
3. Are referrals accepted from GPs?
4. What are the current eligibility criteria for referral?

Answer:

1.	Yes
2.	ND Service – Sits under Adult Community Mental Health Team
3.	Yes
4.	GPs refer using both Ref Help guidance and the ND functional questionnaire. Operating two separate screening pathway Yes one for (ASC and one for ADHD. All referrals are considered against ICD-11 diagnostic criteria and NICE guidance.

Question:

5. What is the current average waiting time from referral to first assessment?
6. How many adults are currently awaiting assessment?

Answer:

I am advised that the majority of adult patients are not on a specific ADHD waiting list. The majority of patients are on a non-specific “Neurodevelopmental Assessment” list and without reviewing each patient’s clinical notes, we are unable to say whether these patients are waiting for an ADHD, ASD or other neurodevelopmental assessment.

Under the Freedom of Information Act NHS Lothian is not required to create new records to enable it to respond to your enquiry. This information is not collated or held in aggregate form and it would be necessary to review all case files relating to patients over the period you have requested to assemble the information you seek. Even if NHS Lothian did this – and there would be significant cost implications in doing so – it would be unable to respond in full to your request. The information requested is therefore exempt under section 12.1 – Cost.

Question:

7. Does the Health Board accept diagnoses made by private ADHD specialists for the purposes of ongoing NHS care?
8. Does the Health Board operate a shared-care prescribing arrangement between specialists and GPs for ADHD medication?
9. If shared-care arrangements are available, are they available across the whole Health Board area or only in certain GP practices?

Answer:

I am advised that the vast majority of GP practices in Lothian are independent contractors and make their own decisions about accepting shared care agreements. Information regarding these SCAs is not held by the NHS Lothian. As per Section 17 of the Freedom of Information (Scotland) Act 2002 formally I must advise that we do not hold this information. A private diagnosis is accepted as a new referral, once medication titration completed.

Question:

10. If adult ADHD assessments are not currently provided, are there plans to establish or commission such a service?

Answer:

Not applicable.

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