**Possible symptoms of ADHD**

Thanks for your enquiry about this.

It is true that many more people are investigating this as a possibility to explain their emotions and behaviour. This on the one hand is good, as it maybe underdiagnosed especially in some groups.

On the other hand there are many other explanations for similar collections of symptoms. Problems with attention, concentration and impulsive behaviour are common, and a description rather than a diagnosis. Much like a cough is a symptom, which might have lots of different causes. So what you have noticed might be related to lifelong neurodiversity such as autistic spectrum conditions. It might be related to your mind’s reaction to past trauma or addiction. It might be a treatable condition such as anxiety or depression. It maybe that for other reasons such as acute stress, lack of sleep, or environmental changes that you feel you have problem with concentration or attention.

Working through the enclosed following will help us understand what is going on for you:

1. Question chart below
2. ASRS score ( <https://add.org/wp-content/uploads/2015/03/adhd-questionnaire-ASRS111.pdf> )
3. Information on choices regarding referral

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| **Question** | **Your response** |
| Describe any problem you have noted with attention and concentration? |  |
| When did this start?  |  |
| In which settings does it or did it occur?  |  |
| How does it affect you ? ( life , work, socially , relationships) |  |
| Describe any problem you have noted with hyperactivity and impulsivity?  |  |
| When did this start? |  |
| In which settings does it or did it occur? |  |
| How does it affect you ? (life , work, socially , relationships) |  |
| Do you drink alcohol , how many drinks per week ? |  |
| Do you smoke cigarettes ? Cannabis?  |  |
| Do you take other drugs ? |  |
| Have you had a diagnosis of depression or anxiety before ?If so how are your symptoms now ? |  |
| Have you had significant trauma / upset / abuse in your life in the past?  | ( you don’t have to write this down if you prefer to speak about it in person only) |
| As a child did you have counselling, see a psychiatrist or psychologist , and what was that for? |  |
| Are you working, studying or on benefits now ?  |  |

Many thanks

Please find enclosed sections 2) and 3)

Then let reception have all of them back and we can go from there