

Information Governance

Medical Directorate
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BY EMAIL
Henry Shelford
research@adhduk.co.uk

Date 29 May 2026
Our Ref FOI/2026/410
Enquiries to Information Governance Team
Extension 54983
Direct Line 01224 554983
Email gram.foi@nhs.scot

Dear Mr Shelford

Freedom of Information (Scotland) Act 2002

I refer to your e-mail dated 6 May 2026, requesting:

"I am writing to make a request under the Freedom of Information (Scotland) Act 2002 for the following information regarding ADHD assessments within NHS Grampian.

Adult ADHD Assessments

- 1. How many adults do you have waiting for an ADHD diagnosis at the moment?*
- 2. How many adults were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).*
- 3. If an adult was referred to you now when would you expect them to be seen?*
- 4. Please describe your current Adult ADHD Assessment pathway.*

Child ADHD Assessments

- 5. How many children do you have waiting for an ADHD diagnosis at the moment?*
- 6. How many children were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).*
- 7. If a child was referred to you now when would you expect them to be seen?*
- 8. Please describe your current Child ADHD Assessment pathway."*

I can now respond as follows:

I am writing to make a request under the Freedom of Information (Scotland) Act 2002 for the following information regarding ADHD assessments within NHS Grampian.

Adult ADHD Assessments

- 1. How many adults do you have waiting for an ADHD diagnosis at the moment?**

Aberdeen City Health and Social Care Partnership - 1800

Aberdeenshire City Health and Social Care Partnership - 1636

Moray Health and Social Care Partnership - 557

2. How many adults were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

Aberdeen City Health and Social Care Partnership - 70

Aberdeenshire City Health and Social Care Partnership - 15

Moray Health and Social Care Partnership - There is no current standalone ADHD Service. People with a co-existing mental illness may be assessed and treated via outpatients; s.17 of the Act refers – Information not held.

3. If an adult was referred to you now when would you expect them to be seen?

Aberdeen City Health and Social Care Partnership:-

This is difficult to estimate due to ever-changing staffing availability to help in an unfunded service. We have transient staff such as junior doctors who can spend some time with the team as part of their rotation but the team may not always have this provision. We are currently seeing people who were referred in July 2022.

Aberdeenshire City Health and Social Care Partnership:-

The pathway is now closed, so would not be accepted.

Moray Health and Social Care Partnership:-

There is no current service and the oldest referral is from September 2021.

4. Please describe your current Adult ADHD Assessment pathway.

Aberdeen City Health and Social Care Partnership:-

A case is referred to the service, usually via their GP, who refers initially to a Community Mental Health Team (CMHT). If there is adequate evidence of symptoms present since childhood and impairment in adulthood, they will be placed on the waiting list for assessment from the ADHD team. The assessment typically consists of three appointments. Those diagnosed through the ADHD team will be offered treatment through the team and then continue to be monitored through the team thereafter.

Aberdeenshire City Health and Social Care Partnership:-

Please see as above. There is no current pathway.

Moray Health and Social Care Partnership:-

Referrals are submitted via the GP, following discussion at the weekly Multidisciplinary Team meeting they are then added to the waiting list. Anyone being added to the waiting list is notified that they are being added and provided with information on other resources and services they may wish to access for support whilst they are waiting.

Child ADHD Assessments

5. How many children do you have waiting for an ADHD diagnosis at the moment?

Community Child Health (CCH):-

CCH accepts ADHD referrals for school aged children with a functional impairment. CCH do not have separate waiting lists for assessment of ADHD or autism; s.17 of the Act refers

– Information not held. All patients are added to the new patient waiting list alongside patients with developmental delays, neurodisabilities and other health conditions. The number of patients currently on this waiting list is 2200.

Child and Adolescent Mental Health Services (CAMHS):-

We are unable to provide data for this question as it is not centrally recorded in an extractable format; s.17 of the Act refers – Information not held.

6. How many children were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

CCH:-

Please see above; s.17 of the Act refers – Information not held.

CAMHS:-

The majority of children and young people who are referred to CAMHS are referred for multiple reasons which may or may not include ADHD assessment. All patients are seen via a 1st appointment (Choice appointment) initially which includes all patients referred to CAMHS and is not specific to those awaiting an ADHD assessment. Currently it is not possible to separate out those with a requirement for an ADHD assessment; s.17 of the Act refers – Information not held. As our patient management system continues to develop, these figures may be available in the future.

7. If a child was referred to you now when would you expect them to be seen?

CCH - The current estimated waiting time for an appointment in Community Child health is 49 weeks for urgent referrals and 70 weeks for routine referrals.

CAMHS - All patients are seen via a 1st appointment initially which includes all patients referred to CAMHS. If a child was referred today, routinely they would be seen within 8-12 weeks and urgently within 7 days for a 1st appointment.

8. Please describe your current Child ADHD Assessment pathway.

CCH Current child assessment pathway:-

Referral submitted from school with concern about ADHD symptoms. We do under certain circumstances accept GP referrals but we feel the information from school is most helpful. The referral is vetted – accepted. The child is placed on the waiting list.

The child is offered a 1 hour appointment in community child health with a paediatrician. At this first appointment a detailed neurodevelopmental history is taken and there is an examination of child.

At the first appointment there should be consideration of other causes of poor focus - i.e. educational (i.e. unidentified learning difficulties/ dyslexia / learning disability) or environmental causes (complex trauma, parental separation) or nutritional (i.e. folate deficiency), or mental health difficulties. If it is another cause that seems likely the child does not necessarily go on to have an ADHD assessment and may instead be discharged or referred to another service

If following initial appointment an ADHD assessment is deemed to be needed a semi structured school report is sent out, with Vanderbilts to parents and school.

The child seen back in community child health (30 minute appointment) questionnaires and clinical assessment are concluded and a diagnosis may be given or refuted. It may be

complex i.e. very different questionnaires from home and school and further appointments in CCH may be offered if it is not possible to conclude immediately.

Medication is sometimes offered at a second appointment if there is a clear ADHD assessment.

CAMHS - All patients are seen via a 1st appointment initially which includes all patients referred to CAMHS. The ADHD assessment does not take place within our ADHD clinic, this clinic is for medication reviews only.

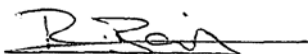
Under section 20 (1) of the Act, if you are dissatisfied with the way NHS Grampian has dealt with your request, you have a right to request a review of our actions and decisions in relation to your request. Should you be unhappy with the outcome of that review you have a right to appeal to the Scottish Information Commissioner.

A request for review must be made within 40 working days and should, in the first instance, be in writing to: Directorate of Corporate Communications, Foresterhill House, Foresterhill, Aberdeen, AB25 2ZB or by email to gram.foi@nhs.scot

Requests for appeal can be made by using the Scottish Information Commissioner's online service at www.itspublicknowledge.info/Appeal or should be made in writing to: Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS Telephone: 01334 464610, Fax: 01334 464611.

If you remain dissatisfied following an appeal to the Scottish Information Commissioner your recourse is to the Court of Session on a point of law.

Yours sincerely



Roohi Bains
Information Governance Manager & Deputy DPO
NHS Grampian