

NHS Tayside has now considered your request dated 07 May 2026

NHS Tayside wishes to advise you that there are exemptions applicable to the information requested. Please refer to the exemptions section of this correspondence.

Extract from Request

“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.”

Response

Adult services

Angus HSCP Response

1. The information requested cannot be provided as specific data regarding ADHD diagnosis is not held centrally. As such, in terms of Section 17 of the Freedom of Information (Scotland) Act 2002, this represents a notice that the information requested for part of this request is not held by NHS Tayside.

2 The information requested cannot be provided as it is not held in a central location or readily available format. As such, in terms of Section 17 of the Freedom of Information (Scotland) Act 2002, this represents a notice that the information requested for part of this request is not held by NHS Tayside.

3. Angus has a new multi-disciplinary stepped care approach to Neurodevelopmental (ND) support. Angus is currently offering this new support to those who have been on our original Neurodevelopmental waiting list up to 31st July 2025, starting with those who have waited the longest. With our current numbers this support will have been offered to all people on this list by June 2026.

Anyone referred to Community Mental Health Team (CMHT) for ND support from 1st August 2025 is added to the new Angus ND Pathway Waiting List and sent a letter



advising them of the new ND Pathway of support. Those on this waiting list will then be sent a letter offering them support from June 2026 and on current data everyone on this list will have been offered and completed the support pathway by March 2027.

4. In 2024, due to demand for mental health support and a significant increase in referrals for assessment for a neurodevelopmental condition. As a result of this demand, AHSCP created a new model of care for Neurodevelopmental Disorder.

A new ND pathway of care was developed and proposed with an aim to shift the model from a medicalised system of care and a reliance on secondary care intervention and medication, to a stepped model of care.

At the time of producing the new pathway of care, people with a ND need who were referred to the Community Mental Health Team (CMHT) had a lengthy wait to be seen. It was proposed through a phased approach, the new pathway would shift the focus from providing a diagnosis to providing support when it is needed, proportionately, and reduce reliance on medication to other forms of support.

The new model sees the increase and availability of support in the community, ensuring people's needs are met more quickly and effectively, utilising peer support and third sector care providers. Secondary care services provide support for people with more complex or comorbid needs.

The Services involved in the new ND pathway are:

- Community Mental Health Teams (CMHT)
- Penumbra ND Peer Support (Third Sector)
- Hillcrest ND Peer Support (Third Sector)
- Dundee and Angus ADHD Support Group (Third Sector)
- Autism Initiatives (Third Sector)

The first step in the new ND pathway is ND Peer Support. ND Peer Support will provide general support and gather additional information to direct the individual to the most appropriate support. Following Peer Support, a four-week Neurominds course provided by Autism Initiatives and Dundee and Angus ADHD Support Group are available and further support, if needed, is identified at the newly created weekly ND Hub. Following ND & Neurominds support a report is prepared for discussion at the weekly ND Hub, if assessment is required, this will be undertaken by the Community Mental Health Team via a multi-disciplinary team approach.

Perth & Kinross Response

1. 650.



2. 12.

3. If an individual was referred at present we would not be able to give an exact time for assessment due to significant size of the current waiting list and the requirement for the service to prioritise those with significant and complex Mental Health issues.

4. Referrals received into Community Mental Health Team, unless a co-occurring Mental Health issue present, these individuals will be placed on a routine waiting list. Individuals will be advised of a lengthy wait to be seen.

Dundee HSCP Response

1. Referral and appointment processes across Tayside rely on the TrakCare system. While most referrals enter electronically, TrakCare does not indicate the clinical reason for referral, meaning ADHD-specific referral numbers cannot be reliably extracted. Only total referrals across all clinical presentations can be system-reported.

Some locally held datasets include ADHD markers and referral dates; however, these are not standardised across all teams. As a result:

- ADHD markers are recorded inconsistently
- Waiting-list status appears in multiple non-standard fields
- Some records include pre-calculated waits; others require manual calculation
- No unified, validated ADHD dataset exists across teams

Based on the best available local information, as of 14 May 2026, Dundee Community Mental Health Teams **estimate**:

- 771 adults are currently awaiting an ADHD-related appointment

A further breakdown of this information by **estimate**:

- 259 adults are currently waiting an ADHD-related appointment with Community Mental Health Team East
- 512 adults are currently waiting an ADHD-related appointment with Community Mental Health Team West

2. TrakCare is primarily a referral and appointment system and does not allow extraction of clinical outcomes or confirmation of completed ADHD assessments. Appointment outcomes also do not reliably differentiate between:

- ADHD screening
- Full ADHD assessment
- General psychiatric review



Teams use locally maintained spreadsheets to support triage, but these are not standardised and do not contain a field confirming that an ADHD assessment has been fully completed. This information would only be held in the individual patient health record. Because the indicators that may imply assessment are inconsistent across teams, the service is unable to produce a definitive count of completed ADHD assessments for the periods requested and therefore does not hold the information in a reportable format. As such, in terms of Section 17 of the Freedom of Information (Scotland) Act 2002, this represents a notice that the information requested for part of this request is not held by NHS Tayside.

3. ADHD referrals are currently triaged as routine, on the basis that they are generally considered safe to await assessment and are therefore placed on the routine waiting list. However, it is recognised that individuals on the waiting list may experience a deterioration in symptoms or a decline in functioning while awaiting assessment. Where this occurs, referrals can be reviewed and re-triaged, with priority escalated where there is increased clinical need or risk.

Due to a number of variable factors that influence service capacity and demand, such as staffing resource, vacancy levels, and changes in the clinical acuity of patients already waiting, it is not possible to provide a reliable estimate of how long an individual referred at the present time would wait to be seen.

Based on the best available local information, as of 14 May 2026, Dundee Community Mental Health Teams **estimate**:

- The longest current wait for an ADHD-related appointment is 258 weeks

A further breakdown of this information by **estimate**:

- The longest wait for an ADHD-related appointment with Community Mental Health Team East is 181 weeks
- The longest wait for an ADHD-related appointment with Community Mental Health Team West is 258 weeks

4. Referrals for adult ADHD assessment are reviewed at multidisciplinary team (MDT) meetings to determine suitability and clinical priority, taking into account ADHD symptoms, co-morbidities, and level of risk. Accepted routine referrals are added to a waiting list for diagnostic assessment by a Consultant Psychiatrist.

Assessment includes a detailed clinical interview, developmental history, and review of any supporting information or screening tools. In some cases, standardised questionnaires may be issued prior to assessment or included within the referral. Diagnosis is made in line with established clinical criteria.

Where a diagnosis is confirmed and medication is indicated, baseline physical health checks (including blood pressure and pulse) are completed, with ECG undertaken where



clinically indicated. Medication initiation and titration are carried out by either medical staff or Advanced Nurse Practitioner, with ongoing review until treatment is optimised.

Once stable, prescribing is transferred to primary care under a shared care agreement, with CMHTs providing ongoing annual monitoring and specialist input as required.

Child Services

5. NHS Tayside do not have an ADHD specific pathway for children and young people and therefore the information requested is not held in a central location or readily available format. As such, in terms of Section 17 of the Freedom of Information (Scotland) Act 2002, this represents a notice that the information requested for part of this request is not held by NHS Tayside.

6. Please see above.

7: Tayside CAMHS do not accept referrals for ADHD where there is no comorbid mental health concern. If there was a primary mental health concern, then an initial appointment would be offered with 18 weeks.

8: There is no specific ADHD assessment pathway. There may be a neurodevelopmental assessment offered as part of a wider assessment in line with NICE guidelines.

Exemptions Section – Application of Freedom of Information (Scotland) Act 2002 exemptions and Data Protection Act 2018 Principles.

Document Ref.	FOISA Exemption Applied	Justification
IGTFOISA26378	None	None

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

A request for an internal review must be made in writing no later than forty working days from receipt of this response and sent to:

Head of Information Governance and Cyber Assurance
MacKenzie Building (Ninewells Campus)
Ninewells Hospital and Medical School
Kirsty Semple Way
Dundee
DD2 4BF



Or by email to tay.foisa@nhs.scot

If you are not content with the outcome of the internal review, you have the right to apply directly to the Scottish Information Commissioner, within 6 months of the date of any review, for a decision. The Scottish Information Commissioner can be contacted at:

Scottish Information Commissioner
Kinburn Castle
Doubledykes Road
St Andrews
KY16 9DS

Or via the online appeal service: <https://www.foi.scot/appeal>

If you have any queries about this correspondence, please contact:

Information Governance and Cyber Assurance Team
MacKenzie Building (Ninewells Campus)
Ninewells Hospital and Medical School
Kirsty Semple Way
Dundee
DD2 4BF

Telephone - 01382 740074
E-mail: tay.foisa@nhs.scot

Information Governance and Cyber Assurance
NHS Tayside
4 June 2026

