

NHS Shetland — Freedom of Information Response

Reference: FOI/1734 | Freedom of Information (Scotland) Act 2002

Response date: 17 July 2026 | From: NHS Shetland FOI Office (nhsshettland@infreemation.co.uk / shet.foi@nhs.scot)

Subject: ADHD Assessments

Adult ADHD Assessments

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

Currently 376 adults on ADHD wait list (end of May 2026).

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

86 adults assessed during the time period.

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

The wait length for an adult referred to mental health services is variable depending on which part of the service is deemed most appropriate. An appointment with a consultant psychiatrist currently has a 3–4 month wait. An appointment with a CPN is within 1–2 weeks, or within 5 working days if urgent. SMRS targets to assess patients within 3 weeks. ADHD pathway has a lengthy wait of several years for new referrals as with the rest of the country due to high demand and limited resource.

4. Please describe your current Adult ADHD Assessment pathway.

Patient is screened by GP who will refer if felt appropriate. Patient is added to wait list. As per above, the ADHD pathway has a lengthy wait list of several years for new referrals as with the rest of the country due to high demand and limited resource. Initial assessment is done by Consultant Psychiatrist, followed by medication monitoring in a nurse led clinic if medication is appropriate.

Child ADHD Assessments

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

5

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

8

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

Within 18 weeks for a generic mental health assessment. If then transferred to ADHD assessment pathway, they will be seen between 1–3 months depending on priority and capacity.

8. Please describe your current Child ADHD Assessment pathway.

CAMHS will only accept referrals for ADHD assessment if there is a co-occurring mental health condition otherwise the young person will be redirected to child health.