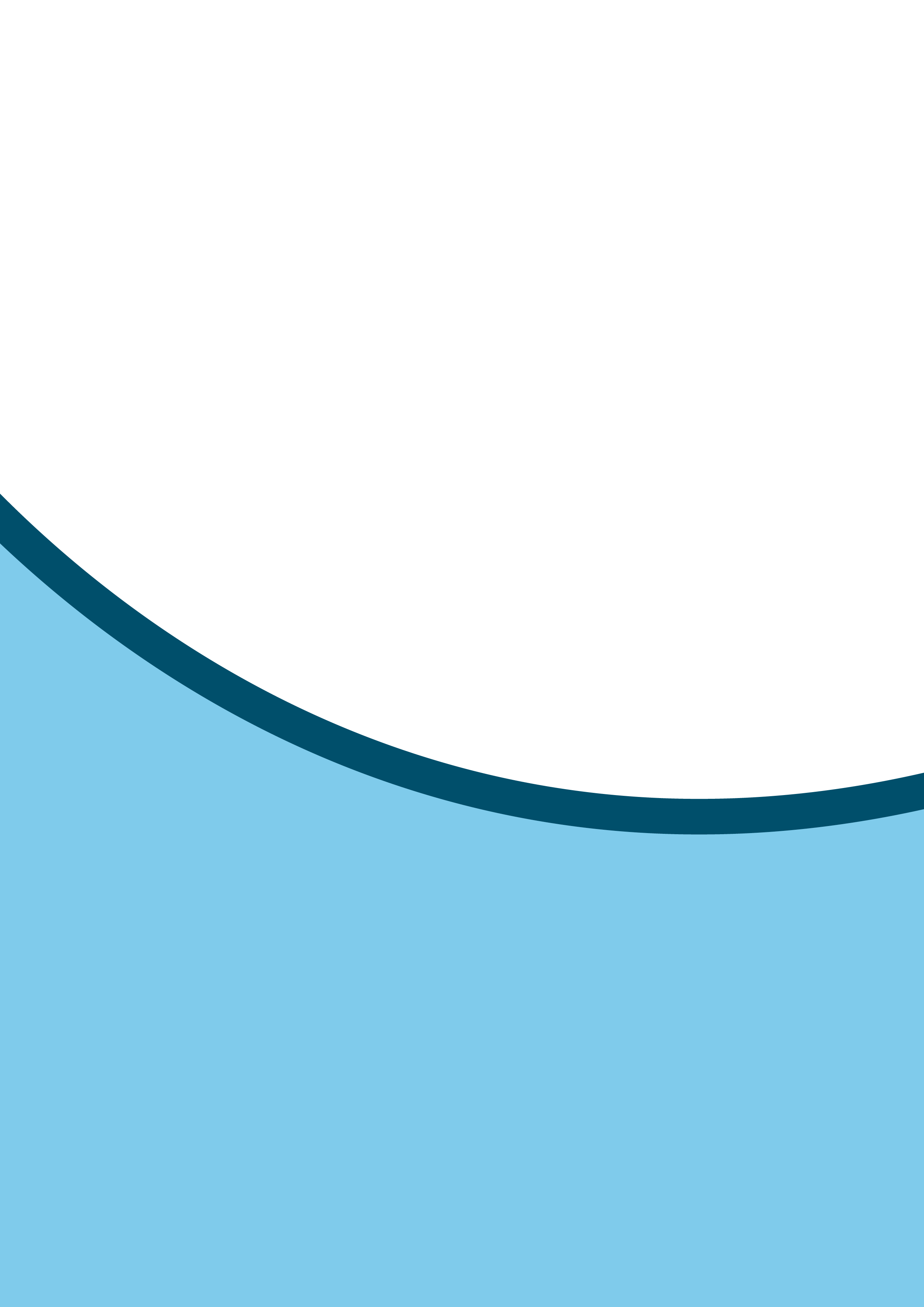
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| ADHD Survey template  January 2025 | |
| Healthwatch-logo_RGB.png |



How to use this template survey

The survey below is a resource for gathering data on ADHD in your local area.

This year, Healthwatch England has commissioned YouGov to conduct national polling on ADHD. We've also created a qualitative survey to capture people's personal experiences with ADHD in their own words.

Due to the interest shown in this topic by Healthwatch in carrying out research on ADHD, we have combined the polling and qualitative questions into a template survey.

You can use it in any current or future ADHD-related projects as a question bank, source of inspiration, or template. Please note that because it combines two surveys, it is quite lengthy with complex skip logic, covering many different aspects of ADHD experiences. Feel free to edit or delete questions depending on your focus.

We hope this will prove useful to you in your work on ADHD. If you have any questions about the survey or its content, feel free to email us at [research@healthwatch.co.uk](mailto:research@healthwatch.co.uk).

SmartSurvey

If you have a Healthwatch England SmartSurvey account, you will find a template survey, "**ADHD: HWE template survey – copy to use**", with all the skip logic set up in your "My Surveys" list.  You will not be able to collect any data or edit it unless you copy it.

To copy the survey, open "My Surveys".  Click on the three dots under "Options" to the right of the "ADHD: HWE template survey – copy to use" survey.

This brings up a dialog box from which you select "create a copy".  A box appears asking if you are sure you want to copy the survey.  Select "Yes, Copy Survey".  This will create a copy of the survey, named "Copy of ADHD: HWE template survey – copy to use".  You can now edit the survey, collect responses and analyse the results.

Please note that if you edit the survey, check that all the existing skip logic works before launching.

Template ADHD Survey

Healthwatch [Insert your Healthwatch name] is your health and social care champion. We want to hear about your experiences with ADHD (Attention Deficit Hyperactivity Disorder) services in [Insert the area covered by your Healthwatch].

This survey looks at:

* The process of getting an ADHD assessment or referral
* How waiting times for ADHD assessments affect people
* Why people may not pursue a formal ADHD diagnosis
* The support that is offered to people waiting for an ADHD assessment, and what’s missing
* How ADHD affects daily life.

What is ADHD?

ADHD is a condition that affects people's brain development and brain activity, meaning they may seem restless, may have trouble concentrating or may act on impulse, among other symptoms.

1. **Please tick which of the following applies to you:**

* I have been diagnosed with ADHD (by the NHS, a Right to Choose provider, privately, or outside the UK) [Continue to Q2]
* My GP has referred me for an ADHD assessment, and I am on the waiting list for an assessment [Skip to Q9]
* I believe I have ADHD, but my GP would not refer me for an ADHD assessment [Skip to Q18]
* I believe I have ADHD, but I haven't yet seen my GP to ask for a referral for an ADHD assessment [Skip to Q20]
* I believe I have ADHD, but I don't want to get a formal diagnosis [Skip to Q21]
* I don't have ADHD [End survey]

Already diagnosed

1. **How long ago were you diagnosed with ADHD?**

* Within the last 12 months
* 1-5 years ago
* 5+ years ago
* Can't remember/prefer not to say

1. **When were you diagnosed?**

* I was diagnosed when I was a child (i.e., when under 18 years old)
* I was diagnosed as an adult (i.e., when 18 years old or above)
* Prefer not to say

1. **How were you diagnosed with ADHD?**

* I was diagnosed by the NHS
* I was diagnosed by a private organisation under the NHS Right to Choose scheme
* I chose to pay for a private ADHD assessment
* I was diagnosed with ADHD outside the UK
* Can't remember/prefer not to say

1. **What was your overall experience of the process from referral to diagnosis?**

* Very positive **[Skip to Q7]**
* Somewhat positive **[Skip to Q7]**
* Neither positive nor negative **[Skip to Q7]**
* Somewhat negative
* Very negative
* Don't Know/Prefer not to say

1. **Which parts of the process from referral to diagnosis did you find difficult? [Select all that apply]**

* Bringing together supporting evidence, e.g., a statement from a close relative
* I found the forms and paperwork complicated
* Understanding the diagnostic criteria
* Persuading your GP to make a referral
* Lack of communication from diagnosis service
* Length of the process to get a referral
* Length of the process between referral and diagnosis
* Lack of support or resources
* Not knowing who to contact while waiting for diagnosis
* Other (please specify): \_\_\_\_\_\_\_\_\_\_
* N/A – I didn’t find any parts of the process difficult **[Single select if selected]**

1. **To what extent, if at all, do you agree or disagree with the following statements?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Strongly agree | Somewhat agree | Neither agree nor disagree | Somewhat disagree | Strongly disagree | Don’t know/ not applicable |
| My ADHD diagnosis has helped me to understand the way my brain works and my behaviour |  |  |  |  |  |  |
| The ADHD medication I have been prescribed has made it easier to manage my ADHD traits |  |  |  |  |  |  |
| Since my diagnosis, I have new strategies (e.g. ADHD coaching, apps) that I can use to manage my ADHD traits |  |  |  |  |  |  |
| 1. **To what extent, if at all, do you agree or disagree with the following statements?**   **Since my ADHD diagnosis...** | | | | | |  |
| I find it easier to work |  |  |  |  |  |  |
| I find it easier to concentrate (e.g. at work or while studying) |  |  |  |  |  |  |
| I find it easier budgeting and managing my money |  |  |  |  |  |  |
| I find it easier to carry out daily household tasks |  |  |  |  |  |  |
| I find it easier to maintain relationships with my partner, close friends or family |  |  |  |  |  |  |
| I find it easier to take part in hobbies and personal interests |  |  |  |  |  |  |
| I find it easier to socialise |  |  |  |  |  |  |

1. **Please describe the impact of getting an ADHD diagnosis on your life. You could talk about:**
2. Managing your ADHD traits
3. Your work/education
4. Managing relationships
5. Your health and wellbeing

**[Open text box]**

**[After Q9, skip to Q26]**

Waiting for Assessment

1. **How many appointments did you have with your GP before they referred you for an ADHD diagnosis?**

* One appointment
* 2-3 appointments
* 4-5 appointments
* 6 or more appointments
* I didn't have a GP appointment – I emailed/phoned the practice/submitted the request without an appointment
* Another professional referred me for a diagnosis
* Don't know/can't remember
* Other (please specify): \_\_\_\_\_

1. **Since your referral, how long have you been waiting for an ADHD diagnosis?**

* 0-5 months
* 6-12 months
* 1-2 years
* 3-4 years
* Over 4 years
* Don't know/can't remember

1. **What impact has being on the waiting list for an ADHD assessment had on your daily life and wellbeing? Consider:**

* Your work/education
* Managing relationships
* Your health and wellbeing

**[Open text box]**

1. **Did you get any support during the waiting period?**

* Yes
* No [Skip to Q15]
* Don't know/Not sure **[Skip to Q16]**

1. **What support did you receive and from whom (e.g., family, friends, GP)?**

**[Open text box]**

**[Skip to Q16]**

1. **What was the impact of not getting the support you needed?**

**[Open text box]**

1. **How would you describe the quality of the information you were given on how to manage your ADHD traits whilst waiting for an ADHD diagnosis?**

* Excellent – more than enough useful information to help manage my ADHD traits
* Sufficient – enough useful information to help manage my ADHD traits
* Poor– not enough useful information to help manage my ADHD traits
* None – I haven’t been given any information to help manage my ADHD traits
* Don’t know/ Prefer not to say

1. **Which, if any, of the following types of support would be most useful to you whilst waiting for an ADHD assessment? Please select the top 3 most useful.**

* A single point of contact where I can get more information about my wait for an assessment
* Local support groups where I can meet other people with ADHD
* Links to organisations that can provide me with advice on ADHD
* Resources on how to manage my mental wellbeing (including depression and anxiety) whilst waiting for an ADHD assessment
* Support and strategies available for holding down a job
* Support and strategies available for helping me study
* Culturally or ethnically sensitive information about ADHD
* Advice on maintaining relationships
* Don’t know
* None of these – I wouldn’t find any type of support useful **[single select if selected]**

1. **Are you considering paying for an ADHD assessment from a private provider?**

* Yes
* No [Skip to Q20]
* Don't know/Prefer not to say **[Skip to Q26]**

1. **What's the main reason you are thinking of pursuing a private diagnosis? [Select one]**

* For a shorter wait
* I personally prefer private care
* The quality of the diagnosis service
* The criteria used by NHS diagnosis services does not reflect my experience
* Other (please specify): \_\_\_\_\_
* Don't know/Prefer not to say

[Skip to Q26]

1. **What is the main reason you are not thinking of pursuing a private diagnosis?** **[Select one]**

* I can't afford it, or would have to borrow money to access a private ADHD service
* I won't access private healthcare including an ADHD assessment out of principle
* I want to wait for an NHS assessment so that I can get ADHD medication on the NHS
* I trust the NHS process more
* I didn't know private assessment was an option
* Don't know/Prefer not to say

[After Q20 skip to Q26]

GP refused to refer

1. **In your opinion, why did your GP not refer you for an NHS ADHD assessment? Please select all that apply**

* I had a telephone appointment with my GP and I feel uncomfortable talking to people over the phone
* The appointment was too rushed
* My ADHD symptoms/ traits weren’t considered serious enough
* The ADHD diagnostic criteria used by GP didn’t reflect my experience of ADHD
* The GP didn’t listen to me
* The GP didn't consider all my symptoms/traits
* The GP didn't want to refer me because of long waiting lists
* I was recommended a private assessment
* I find it difficult to express myself
* Other (please specify)
* My GP refused to refer me without giving a reason
* None of the above/Don't know **[single select if selected]**

1. **Which, if any, of the following do you plan to do next regarding ADHD support and management?** **Please select all that apply**

* Contact PALS (Patient Advice and Liaison Service)
* File a formal complaint
* Seek private treatment options
* Explore alternative strategies (e.g., mindfulness, exercise, coaching)
* Change GP practice and begin process again
* None of the above – I don’t plan to take any action [Single select if selected]
* Don’t know

1. **What impact did getting refused an ADHD assessment or referral have on your life?**

**[Open text box]**

**[Skip to Q26]**

I haven’t yet seen my GP

1. **Which of the following, if any, are reasons why you haven’t yet seen your GP to be referred for an ADHD assessment? Please select all that apply**

* I’ve only recently realised I might have ADHD
* In the past, I’ve had to wait a long time for a GP appointment when I needed one
* I’m worried that my GP won’t refer me for an ADHD assessment
* I’m worried that I might not be able to express myself well enough at the appointment
* My ADHD traits make it harder for me to book or attend a GP appointment
* The ADHD diagnostic criteria used by GP or at diagnosis doesn’t reflect my experience of ADHD
* Other (please specify)
* Don’t know/prefer not to say

[Skip to Q26]

Not seeking a formal diagnosis

1. **Which of the following, if any, are reasons why you have decided not to get a formal ADHD assessment? Please select all that apply**

* I am worried about the long waits for an NHS diagnosis
* I can’t afford to pay for a private ADHD diagnosis
* I prefer to use natural or alternative remedies (e.g, lions mane capsules, magnesium) for treating my ADHD traits
* I prefer to use ADHD coaching, using ADHD apps or meditation to manage my ADHD traits instead of medication
* I believe I have ADHD and do not need a formal diagnosis – I am happy to self-diagnose at this stage
* ADHD Criteria used by GP or at diagnosis doesn’t reflect my experience of ADHD
* My GP or other health care professional told me not to bother getting a diagnosis
* I haven’t pursued a diagnosis because I am worried a diagnosis may negatively impact me
* Other (please specify)
* Don’t know

Impact of ADHD

1. **Thinking about your life now… How positively or negatively, if at all, does ADHD impact the following aspects of your life?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Very positive impact | Slightly positive impact | Neither positive nor negative impact | Slightly negative impact | Very negative impact | Don’t know/prefer not to say |
| My ability to work |  |  |  |  |  |  |
| My concentration at work or when studying |  |  |  |  |  |  |
| My ability to carry out daily household tasks |  |  |  |  |  |  |
| My ability to budget and manage my money |  |  |  |  |  |  |
| My relationships with my partner, close friends or family |  |  |  |  |  |  |
| My ability to take part in hobbies and personal interests |  |  |  |  |  |  |
| My ability to socialise |  |  |  |  |  |  |
| My physical health |  |  |  |  |  |  |
| My mental health and wellbeing |  |  |  |  |  |  |
| My self esteem |  |  |  |  |  |  |

1. **What prompted you to think you might have ADHD?** **[Tick all that apply]**

* I learnt about it by reading the news, articles, books or watching online videos
* Someone else told me that I might have ADHD
* I got into some kind of trouble (e.g., at work, studying, socially or in another situation)
* Having to work from home during the Covid-19 pandemic
* My working arrangements e.g., Working from home or the office
* Having to be at home during the Covid-19 pandemic
* I find it hard to do things in my daily life that other people don't seem to find as hard as me
* People I know talking about their experience with ADHD, which I felt I related to
* My child went through the ADHD diagnosis process
* Other (please specify): \_\_\_\_\_

1. **What is your main employment status?**

* Employed and working full time (more than 30 hours a week)
* Employed and working part time (less than 30 hours a week)
* Self-employed **[Skip to Q33]**
* Not working [Skip to Q33]
* Student [Skip to Q33]
* Retired [Skip to Q33]
* Caring for young children **[Skip to Q33]**
* Caring for relatives **[Skip to Q33]**
* None of the options listed **[Skip to Q33]**
* Prefer not to say **[Skip to Q33]**

1. **Have you told your workplace that you have ADHD?**

* Yes [Skip to Q31]
* No
* Prefer not to say **[Skip to Q33]**

1. **Why have you chosen not to tell your workplace?** (Tick all that apply)

* I'm afraid of the possible implications for my job
* I don't want to disclose personal information
* It doesn't make a difference to the job that I do
* I am waiting until I get a formal diagnosis to tell my employer
* Other (please specify): \_\_\_\_\_
* Don't know/prefer not to say

**[Skip to Q33]**

1. **Which, if any, of the following reasonable adjustments did your employer offer you? Please select all that apply**  
     
   **By reasonable adjustments, we mean changes made in the workplace to support employees with specific needs, helping them perform their jobs effectively.**

* Flexible working arrangements
* Work from home arrangements
* Help with access to work
* ADHD coaching or support
* Specialised software
* Additional guidance or check ins with manager
* N/A – my employer did not offer me any reasonable adjustments [Single select if selected]
* Don't know/ prefer not to say

1. **To what extent, if at all, did these reasonable adjustments impact your ability to carry out your job? [select one]  
     
   By reasonable adjustments, we mean changes made in the workplace to support employees with specific needs, helping them perform their jobs**

* They made a significant difference
* They made a moderate difference
* They made little or no difference
* I have not requested any reasonable adjustments
* Prefer not to say

Other Conditions

1. **Read each of the following statements about whether you have other neurodivergent conditions. Select the answer that best applies to you.**

**For each of the following conditions, select one:**

**Autism:**

* I have been diagnosed with this condition
* I think I have this condition but haven't yet seen my GP about it
* I think I have this condition and am waiting for a diagnosis
* I think I have this condition but am not pursuing a diagnosis
* I don't think I have this condition
* Don't know/prefer not to say

**Anxiety:**

* I have been diagnosed with this condition
* I think I have this condition but haven't yet seen my GP about it
* I think I have this condition and am waiting for a diagnosis
* I think I have this condition but am not pursuing a diagnosis
* I don't think I have this condition
* Don't know/prefer not to say

**Depression:**

* I have been diagnosed with this condition
* I think I have this condition but haven't yet seen my GP about it
* I think I have this condition and am waiting for a diagnosis
* I think I have this condition but am not pursuing a diagnosis
* I don't think I have this condition
* Don't know/prefer not to say

1. **Is there anything else you would like to tell us about having ADHD?**

**[open text box]**

Demographic questions

**24. Please tell us your age**

* 18 - 24 years
* 25 - 49 years
* 50 - 64 years
* 65 to 79 years
* 80+ years
* Prefer not to say
* Not known

25.  **Please tell us your gender**

* Woman
* Man
* Non-binary
* Prefer not to say
* Prefer to self-describe:

**26. Is your gender identity the same as your sex recorded at birth?**

* Yes
* No
* Prefer not to say

**27. Please tell us which sexual orientation you identify with**

* Asexual
* Bisexual
* Gay man
* Heterosexual/straight
* Lesbian/Gay woman
* Pansexual
* Prefer not to say
* Prefer to self describe:

**28. Please select your ethnicity**

* Arab
* Asian/Asian British: Bangladeshi
* Asian/Asian British: Chinese
* Asian/Asian British: Indian
* Asian/Asian British: Pakistani
* Asian/Asian British: Any other Asian/Asian British background
* Black/Black British: African
* Black/Black British: Caribbean
* Black/Black British: Any other Black/Black British background
* Mixed/multiple ethnic groups: Asian and White
* Mixed/multiple ethnic groups: Black African and White
* Mixed/multiple ethnic groups: Black Caribbean and White
* Mixed/multiple ethnic groups: Any other Mixed/Multiple ethnic group background
* White: British/English/Northern Irish/Scottish/Welsh
* White: Irish
* White: Gypsy, Traveller or Irish Traveller
* White: Roma
* White: Any other White background
* Prefer not to say
* Other (please specify):

**31. Which of the following best describes your current financial situation?**

* Very comfortable (I have more than enough money for living expenses, and a LOT spare to save or spend on extras)
* Quite comfortable (I have enough money for living expenses, and a LITTLE spare to save or spend on extras)
* Just getting by (I have just enough money for living expenses and little else)
* Really struggling (I don't have enough money for living expenses and sometimes run out of money)
* Prefer not to say

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