**Mexborough Health Centre**

**Dr Nair & Dr Kirana**

Adwick Road, Mexborough, South Yorkshire, S64 0BY

# ADHD/Autism Right to Choose Referrals

**Name:** _____

**Date of birth:** _____

**Address:** _____

**Postcode:** _____

For ADHD referral, please complete the Adult ADHD Self-Report Scale on page 2.
For Autism referral, please complete the Autism Spectrum Quotient on page 3.

For a combined ADHD and Autism referral, please complete all pages.

# Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

| Patient Name | | Today's Date | | | | | |
|---|---|---|---|---|---|---|---|
| Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment. | | | Never | Rarely | Sometimes | Often | Very Often |
| 1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done? | | | | | | | |
| 2. How often do you have difficulty getting things in order when you have to do a task that requires organization? | | | | | | | |
| 3. How often do you have problems remembering appointments or obligations? | | | | | | | |
| 4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started? | | | | | | | |
| 5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time? | | | | | | | |
| 6. How often do you feel overly active and compelled to do things, like you were driven by a motor? | | | | | | | |
| | | | | | | | Part A |
| 7. How often do you make careless mistakes when you have to work on a boring or difficult project? | | | | | | | |
| 8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work? | | | | | | | |
| 9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly? | | | | | | | |
| 10. How often do you misplace or have difficulty finding things at home or at work? | | | | | | | |
| 11. How often are you distracted by activity or noise around you? | | | | | | | |
| 12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated? | | | | | | | |
| 13. How often do you feel restless or fidgety? | | | | | | | |
| 14. How often do you have difficulty unwinding and relaxing when you have time to yourself? | | | | | | | |
| 15. How often do you find yourself talking too much when you are in social situations? | | | | | | | |
| 16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves? | | | | | | | |
| 17. How often do you have difficulty waiting your turn in situations when turn taking is required? | | | | | | | |
| 18. How often do you interrupt others when they are busy? | | | | | | | |
| | | | | | | | Part B |

NHS National Institute for Health Research

# AQ-10

## Autism Spectrum Quotient (AQ)

*A quick referral guide for adults with suspected autism who do not have a learning disability.*

| ***Please tick one option per question only:*** | | **Definitely Agree** | **Slightly Agree** | **Slightly Disagree** | **Definitely Disagree** |
|---|---|---|---|---|---|
| 1 | I often notice small sounds when others do not | | | | |
| 2 | I usually concentrate more on the whole picture, rather than the small details | | | | |
| 3 | I find it easy to do more than one thing at once | | | | |
| 4 | If there is an interruption, I can switch back to what I was doing very quickly | | | | |
| 5 | I find it easy to 'read between the lines' when someone is talking to me | | | | |
| 6 | I know how to tell if someone listening to me is getting bored | | | | |
| 7 | When I'm reading a story I find it difficult to work out the characters' intentions | | | | |
| 8 | I like to collect information about categories of things (e.g. types of car, types of bird, types of train, types of plant etc) | | | | |
| 9 | I find it easy to work out what someone is thinking or feeling just by looking at their face | | | | |
| 10 | I find it difficult to work out people's intentions | | | | |

**SCORING:** Only 1 point can be scored for each question. *Score 1 point for Definitely or Slightly Agree on each of items 1, 7, 8, and 10. Score 1 point for Definitely or Slightly Disagree on each of items 2, 3, 4, 5, 6, and 9.* If the individual scores **6 or above**, consider referring them for a specialist diagnostic assessment.

This test is recommended in 'Autism: recognition, referral, diagnosis and management of adults on the autism spectrum' (NICE clinical guideline CG142). www.nice.org.uk/CG142

**Key reference:** Allison C, Auyeung B, and Baron-Cohen S, (2012) *Journal of the American Academy of Child and Adolescent Psychiatry* 51(2):202-12.

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Before making your choice, it is important you understand how each provider would carry out the assessment (online/remotely or in person) and if they would provide ongoing support or medication (ADHD only) should you or your child be diagnosed with ADHD or autism.

**Chosen Provider:** _____

Mexborough Health Centre does NOT prescribe ADHD medication which has been recommended via private clinics. This decision is a Practice wide policy and is not variable between our GP's.

**I have enclosed the completed ADHD Self-Report Questionnaire** ☐

**I confirm that I understand that Mexborough Health Centre does not provide shared care for medication recommended by private ADHD providers.**

**Signed:** _____

**Dated:** _____