

Digital technologies for assessing attention deficit hyperactivity disorder (ADHD)

Information for the public

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NICE has said that QbTest can be used to help diagnose attention deficit hyperactivity disorder (ADHD) in people 6 to 17 years. It should only be used alongside a standard assessment by a healthcare professional.

More research is needed on 6 digital technologies for helping to diagnose ADHD, and for checking how well treatment for ADHD is working. These are:

- QbTest in people 18 years and over
- EFSim Test
- EFSim Test Web Version
- Nesplora Attention Adults Aquarium
- Nesplora Attention Kids Aula
- QbCheck.

Digital technologies for assessing ADHD are computer-based or virtual reality (VR) tests in which the person does a series of simulated tasks. The tests measure things like movement, attention and reaction times. Using these alongside standard assessments may help healthcare professionals make diagnoses quicker, with fewer appointments needed, and so may reduce waiting list times.

Is this test right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. Read more about [making decisions about your care](#).

Questions to think about

- How well does it work compared with other tests?
- What are the risks or side effects? How likely are they?
- What happens if I do not want to have the test?
- Can I choose where to have this test? Can I have this test at my local clinic or hospital?
- How long will the test take?
- How do I get my test results? Will there be a follow-up appointment?

Information and support

The [NHS website on ADHD](#) may be a good place to find out more.

The [ADHD Foundation](#) (info@adhdfoundation.org.uk) can give you advice and support.

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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