

# Neurodevelopmental Service

## QbTest Assessment Guide

### WHAT IS A QbTest ASSESSMENT?

The QbTest assessment is a diagnostic screening tool which provides objective information to aid the assessment of Attention Deficit Hyperactivity Disorder (ADHD). The assessment uses age and gender matched comparisons to assess a young person's ability to concentrate, their movement and impulsivity. The results are used in conjunction with other ADHD assessment tools to aid clinical decision making.

### WHAT HAPPENS ON THE DAY?

When you arrive, we will collect you from Reception and show you to the room. We will do introductions and take a few minutes for everyone to get settled.

We understand that everyone may be anxious or feel unsure and we will make every effort to make the environment comfortable. Staff won't wear uniforms and our interactions will be child friendly.

Parents/carers will be asked to leave the room so there are as few distractions as possible. The young person will be shown a test instruction video and then have a practise before starting. You can ask any questions you need to and when ready, we will start the assessment. We will make notes occasionally, as this helps us to keep accurate records.

### WHAT WILL I NEED TO DO?

You will be asked to sit in front of a computer screen and a soft, flexible headband will be placed around your head with a ball attached which will measure your movement during the assessment. You will be asked to hold a button in your hand which you will be asked to click in response to certain shapes that you see on the screen. The test will automatically end after the required time.

### HOW LONG WILL THE ASSESSMENT TAKE?

The assessment will take 15/20 minutes depending on your age.

### WHAT SHOULD I BRING TO THE ASSESSMENT?

Any aids that the child uses such as glasses should be brought on the day.

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### WHERE WILL THE ASSESSMENT BE HELD?

We have two clinics in Norfolk:

1. **If you live in the Norwich area, your appointment will be booked for:**

The Children's centre  
Norwich Community Hospital  
Bowthorpe Road  
Norwich  
NR2 3TU

2. **If you live closer to King Lynn, your appointment will be booked for:**

St. James Clinic  
Extons Road  
King's Lynn  
Norfolk  
PE30 5NU

**The appointment letter we send out will let you know where you need to go on the day.**

### WHAT HAPPENS AFTER THE ASSESSMENT?

We will let you know when the assessment is complete. We will then end the session with a brief chat and then show you back out to reception so you can head home. Children may be tired after the session.

We will meet as a Multi-disciplinary team to discuss the QbTest assessment outcomes. If you have further appointments these will be completed on a different day.

When all assessments are complete and reviewed, we will invite you to a feedback meeting to discuss the assessment decision.

**If you have any further questions prior to the assessment, please contact the admin team who will be happy to answer your questions:**

01553 668712 Monday to Friday 9 – 5pm

Or email us on [nds@nchc.nhs.uk](mailto:nds@nchc.nhs.uk)