



Questions to Ask Before Selecting an ADHD Provider for Your Daughter

There are many options for ADHD providers, and picking the right one can be daunting. So, here are some things to consider when picking a psychologist to evaluate your daughter for ADHD.

Credentials and Experience:

- Are they licensed?
- Do they have specific experience diagnosing ADHD and treating ADHD in children?
- Do they have experience performing virtual assessments and therapy?

Specialization:

- Do they specialize in childhood ADHD?
- Do they have a background in child psychology?

Approach to Assessment:

- How do they do an assessment?
- A thorough evaluation should include interviews with the child, standardized testing, and input from parents and teachers.

Treatment Plans:

- How do they approach treatment?
- What follow-up support do they provide?
- Will they give you recommendations?
- Will you get a written report with a diagnosis?
- Will their diagnosis be accepted by prescribing doctors and school districts?



Cost and Insurance:

- Confirm the costs involved.
- Do they accept your insurance?

Comfort and Rapport:

- Does your child seem comfortable with the psychologist?
- Trust your instincts here. Rapport is important for an effective evaluation.

Don't delay getting your child assessed for ADHD, but take the time to find the right provider. It makes a world of difference for your child's evaluation and later support.

Stephen Faraone, Ph.D., is a world-renowned ADHD researcher and educator. These are specific questions he recommends asking.

- How many cases of ADHD have you assessed in girls specifically?
- How does your ADHD evaluation take gender differences into account? Are there specific tools or methods you use to identify ADHD in girls?
- How do you make sure that less overt symptoms common in girls like daydreaming or social challenges are evaluated thoroughly as it applies to ADHD?
- Girls with ADHD can have co-occurring anxiety or depression. How do you assess these conditions alongside ADHD?
- How do you account for the different developmental and social challenges that girls face, which might change how their ADHD symptoms appear?