



Your ASRS result is a starting point, not a diagnosis

What the screening can tell you, what it can't, and what a proper evaluation looks like.

WHAT YOU DID

ASRS screening

- A short self-report questionnaire
- Shows whether your patterns resemble ADHD
- Depends on how you read each question
- Cannot confirm or rule out ADHD

WHAT CONFIRMS IT

Comprehensive evaluation

- A structured clinical assessment
- Looks at your history, not just today
- Checks what else could explain the symptoms
- Gives a clear, reasoned answer

Why the screening alone can mislead

Distractibility, restlessness, forgetfulness and poor follow-through show up in anxiety, depression, sleep problems, burnout, thyroid issues, substance use and past trauma. Two people can score the same on the ASRS and have completely different explanations behind it. A high score means a proper look is worthwhile. A low score doesn't always mean you are in the clear either.

**The ASRS asks the question.
A comprehensive evaluation answers it.**

What the evaluation covers

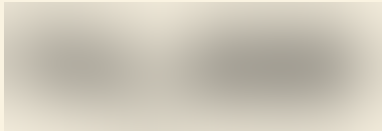
- 1 Detailed clinical interview**
Childhood history, school and work functioning, and how symptoms affect your daily life now.
- 2 Standardised ADHD scales**
Validated assessment tools, interpreted clinically and not just scored.
- 3 Overlapping condition screening**
Anxiety, depression, mood disorders, sleep issues and substance use, which often mimic or sit alongside ADHD.
- 4 One-to-one clinical consultation**
A focused conversation about your history, your concerns and what you want from this.
- 5 Post-assessment feedback**
I explain what the findings mean and what the sensible next step is for you.



Evaluation details and what to expect

What's included, how it works and how to book.

COMPREHENSIVE ADHD EVALUATION



one-time fee | 60 to 90 minutes

WhatsApp +91-7976304658 to know the exact fee

INCLUDED

- ✓ Standardised ADHD scales
- ✓ Overlapping disorder screening
- ✓ Clinical consultation
- ✓ Post-assessment feedback
- ✓ Test reports

Online or in person

Online

Join from wherever you are, with a quiet space and a stable connection.

In person

Sit down with me face to face, whichever feels more comfortable for you.

Add-ons, charged separately

Treatment

If the evaluation shows treatment is needed, planning and follow-up are charged separately from the evaluation fee.

Additional documentation

Test reports are included. Documentation for a specific purpose, such as work, academic or accommodation requests, is an add-on.

How to prepare

- Think back to your school years. Report cards, teacher remarks and family stories all help.
- Be ready to talk about work, relationships, sleep and how you cope with stress.
- A parent, partner or sibling who can share what they have noticed adds useful perspective. This is optional.
- Keep any previous medical or psychological records handy.

Ready to book?

Message me on WhatsApp and tell me whether you prefer online or in person. I will share the available slots and confirm your booking.

WhatsApp

+91-7976304658

This guide explains the evaluation process and does not replace a clinical assessment.