

Neurodevelopmental Service

QbTest Assessment Guide

WHAT IS A QbTest ASSESSMENT?

- It is a computer activity that involves you clicking a button when you see different shapes.
- There will be some equipment set up that will measure your concentration, movement and how quickly you respond.
- It isn't a test that gives a mark; it isn't about getting it right or wrong.
- This helps us to understand more about whether you might have ADHD.



WHAT HAPPENS ON THE DAY?

- We will meet you in the waiting room and introduce ourselves. We will then go into the room.
- We won't wear uniforms.
- We are friendly 😊
- We know you might feel nervous; we will take some time to settle in and try to help you feel more comfortable.
- We will show you a video example of the computer activity.
- We will talk through all of the equipment with you and what you are going to be doing.
- We will do a practice test.
- Your parent/carer will need to wait in the waiting room during the test activity.
- The person doing the appointment will make notes during the test.
- If you don't like it and want to stop, you can tell us that.



WHAT WILL I NEED TO DO?

- There will be a chair facing the computer for you to sit on.
- There will be a headband for you to wear on your head. The headband helps to track movement and attention.
- There will be a clicker for you to hold. The aim is to click the clicker when you see certain shapes.
- The activity can seem boring, particularly for people with ADHD. Don't worry if you feel bored. Try to plan something fun to do afterwards.

HOW LONG WILL THE ASSESSMENT TAKE?

The computer tasks will last 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 as we do sometimes need to use other clinics.

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