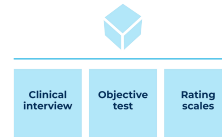


ADHD Evaluations with QbTest – what should you expect?

A diagnostic assessment for ADHD involves three main parts: gathering a clinical history through an interview with your provider, an objective measurement of symptoms using QbTest, and the completion of one or more rating scales.

[\[Image 1 – Download here\]](#)



What is QbTest?

[QbTest is an FDA-cleared test](#) measuring all 3 core symptom domains; hyperactivity, impulsivity, and inattention. QbTest is used when evaluating ADHD symptoms and measuring response to ADHD treatment.

QbTest involves a 15 or 20-minute computer-based task that measures your (or your child’s) ability to maintain attention and impulse control. Meanwhile, an infrared camera tracks movements, and therefore activity, during the test. The results are based on a comparison of your (or your child’s) performance with data from other people of the same sex and age who do not have ADHD.

What does the test set-up look like?

The test equipment consists of an infrared camera, a headband with an infrared marker attached to it, a laptop, and a responder button, like so:

[\[Image 2 \(Child\) - Download here\]](#) [\[Image 3 \(Adult\) - Download here\]](#)

[\[Image 4 \(Adult\) - Download here\]](#) [\[Image 5 \(Setup\) - Download here\]](#)

What do QbTest results look like?

Sample QbTest reports are shown below

[\[side-by-side comparison reports\]](#)

When will I receive my results?

The raw data is available immediately after the test is completed. However, your clinician must first interpret the data together with other relevant information.

In some cases, feedback can be provided in the same appointment, but sometimes a follow-up appointment will need to be scheduled. [optional to include]

How should I prepare for a QbTest?

- Try to ensure adequate sleep the night before the test.
- Avoid consuming excessive amounts of caffeine the day of the test.
- If you are to be tested while on ADHD medication, please ensure that you take the medication as directed. Our office will schedule the test a specific number of hours after the medication is taken, depending on the type of medication.
- For a child, explain that they will be taking a test on a computer which is designed to be boring. Inform the child that they will wear a headband during the test, but that it does not hurt. They will be seated in a room by themselves, but a family member can stand outside if helpful.

How often will I take a QbTest?

Testing is typically completed in the following frequency:

When will my clinician use QbTest?



ADHD Evaluation	Starting Treatment	Follow-up Assessment
<p>QbTest is used together with other clinical measures to help your clinician make more informed decisions about ruling in or ruling out ADHD.</p>	<p>If you receive a diagnosis and you are prescribed ADHD medication, your clinician can use QbTest for treatment monitoring purposes.</p> <ul style="list-style-type: none"> ○ Your clinician may ask you to perform another QbTest when you start your prescribed ADHD treatment to see what impact it has on your inattention, hyperactivity and impulsivity. 	<p>Your clinician may use QbTest at regular intervals to understand how your core ADHD symptoms may change over time.</p> <ul style="list-style-type: none"> ○ Your clinician can compare your latest QbTest report against reports obtained at any other point in time, for example to measure the efficacy of treatment over longer periods of time.

[\[Image 6 – Download here\]](#)

Why test for ADHD?

OPTIONAL:

Adding objective ADHD technology can help to...

1. Improve diagnostic accuracy¹
2. Shorten time to diagnosis¹
3. Capture treatment response not reflected by rating scales²

Personalized suggestions:

Why does my doctor think this is necessary?

[write your own quote here—if you have patient quotes/testimonials insert]

1. Hollis, C., Hall, C. L., Guo, B., James, M., Boadu, J., Groom, M. J., Brown, N., Kaylor-Hughes, C., Moldavsky, M., Valentine, A. Z., Walker, G. M., Daley, D., Sayal, K., Morriss, R., the AQUA Trial Group, Curran, S., Clarke, J., Holsgrove, S., Jennings, T., ... Williams, A. (2018). *The impact of a computerised test of attention and activity (QbTest) on diagnostic decision-making in children and young people with suspected attention deficit hyperactivity disorder: Single-blind randomised controlled trial*. <https://onlinelibrary.wiley.com/doi/10.1111/jcpp.12921>
2. Martin-Key NA, Stevenson A, Roy P. Investigating the Clinical Utility of the Combined Use of Objective and Subjective Measures of ADHD During Treatment Optimization. *J Clin Psychopharmacol*. 2022 Mar-Apr 01;42(2):146-153. doi: 10.1097/JCP.0000000000001350. PMID: 33605643; PMCID: PMC8884177.