

NEURO DIVERGENCE ASSESSMENT TOOLS AND CLINIC LINKS

here are some tools to explore neuro divergence pre-screening tests and assessment clinics that myself or peers have been assessed under.

some people are sub-threshold so their wiring may be having a detrimental effect on life and wellbeing but they don't meet the clinical cut off point.

some people may score highly but feel their neuro divergence doesn't have any limiting effects. environment (and sometimes privilege) plays a role.

so if someone is well resourced, they may well have a different neurodivergent experience than they would when the demands placed on them are greater.

adhd

<https://psychology-tools.com/test/adult-adhd-self-report-scale>

aq-50

<https://embrace-autism.com/autism-spectrum-quotient/#test>

assessment clinics

<https://www.adultadhdnorthwest.com>

<https://axia-asd.co.uk/>

<https://www.clinical-partners.co.uk>

cat-q

masking occurs in both autistic and adhd people, it can be an unconscious learnt behaviour. this test is designed for autistic people so i don't know how sensitive it is at picking up masking in adhd.

<https://embrace-autism.com/cat-q/#test>

alexithymia

the condition of difficulty identifying and expressing emotions, that can be co-occurring with autism or adhd.

<https://embrace-autism.com/online-alexithymia-questionnaire/#test>

