

Studio III Diagnostic Pathway **(Adult)**

There are a number of routes of referral to our adult diagnostic service. This can be achieved through either the NHS, where funding has been agreed prior to referral, by self-referral, by a solicitor, or via a service which provides care and support.

Where the referral is made from an organization, we require the referral in writing on headed notepaper. For private individuals a referral form will be sent out from our office.

The cost of a diagnosis varies depending on the amount of time required. Please contact our office to discuss basic costs and any additional cost that may be required at admin@studio3.org or by calling 01225 334 11.

Once a referral has been received and agreed, one of our case co-ordinators will make contact with you. A case co-ordinator is identified for every person who is to have a diagnostic assessment. This will normally be an Assistant Psychologist or another relevant qualified person under the supervision of a Practitioner Psychologist.

The case co-ordinator will:

- Act as a single point of contact
- Keep the individual up-to-date about the likely time and sequence of assessments
- Arrange the provision of information as directed by the psychologist and gather information relevant to the diagnostic assessment

Every diagnostic assessment will include:

- Detailed questions about your concerns and why you have been referred/self-referred
- Detailed questions about your up-bringing, experience of home life, education and social care, obtained either through parent interviews or directly with you
- A developmental history, focusing on developmental and behavioural features. Where possible, a parent will be contacted for this
- Assessment of social and communication skills and behaviours, focusing on features consistent with DSM-V criteria. A standardised measure will be used here
- Where possible a medical history, including family history, and past and current health conditions will be taken
- Communication of assessment findings to the individual

In some cases, the Practitioner Psychologist may wish to use other assessment tools and/or additional observation time.

The Diagnostic Process

The diagnostic process involves 3 phases.

1. You will be invited to a discussion with a practitioner psychologist and the case co-ordinator. During that discussion you will be asked a series of questions about your life and education. This is to allow the psychologist to get to know you and understand any difficulties you have faced. The psychologist may also use an initial screening questionnaire to help them decide how to approach phase 2.
2. This involves returning for a further discussion and the completion of additional questionnaires. It may also involve bringing along a parent who can provide detail of your early development from 0-5 years.

On some occasions, before progressing to the final phase, you may be contacted again by the case co-ordinator who may require some additional information. This may occur if the team feel they don't yet have enough information to make a final decision.

3. Communicating the results from the diagnostic assessment

After the diagnostic assessment the psychologist will invite you back to discuss the findings. In doing so they will also explain the basis of conclusions even if a diagnosis was not reached.

During the discussion you may wish to have a friend or relative present, as they may be helpful in taking notes for you to discuss with them at a later stage.

For more information about the adult diagnostic pathway or Studio III's clinical services in general, please contact admin@studio3.org.