ADHD Pre-Testing Patient Education Letter

Our practice uses Qbtech's ADHD testing, an FDA-cleared medical device that provides objective data for diagnosing and treating ADHD for patients ages 14-60. This evidence-based testing allows us to gather more information on your symptoms to better understand your unique needs.

Three reasons testing is important:

1. Avoiding bias due to age and sex differences.
    - ADHD presents very differently, depending one's age/sex.
    - Qbtech's test results include data from age/sex-matched normative groups to ensure better comparisons of your symptom severity.
2. Symptoms of ADHD can overlap with other disorders.
    - Qbtech's objective testing provides data to better understand if symptoms fit the presentation we expect with ADHD or not.
3. Ensuring optimal outcomes
    - Finding the right treatment takes some trial-and-error and determining treatment efficacy can be difficult.
    - Qbtech's testing allows us to measure response to treatment to ensure you are receiving optimal results in a streamlined way.

What you can expect:

- Testing involves a 15 to 20 minute, nonverbal, computer-based task.
- The task measures your attention level and impulse control.
- While taking the task, movements are measured to determine if hyperactivity is present.
- Results are compared to an age and sex matched group.
- With the information from your clinical interview and rating scale(s), your clinician will interpret results to determine if you qualify for an ADHD diagnosis.
- QbCheck is an aid to assessment, not a verdict. Your provider interprets your scores alongside your developmental history, current symptoms, rating scales, and screens for conditions that can look like ADHD — no test result alone diagnosis or rules out ADHD.
- If an ADHD diagnosis is indicated, our practice may then conduct Qbtech's testing after treatment is initiated to measure your response to treatment.

Zoe Direct
4191 Innslake Drive, Suite 212B
Glen Allen, VA 23060
Office: 804-361-4903
Fax: 804-716-4318