

Information Governance

Medical Directorate
NHS Grampian
Foresterhill Lea Building,
Foresterhill Site
Westburn Road
Aberdeen
AB25 2ZY



BY EMAIL

hello@adhdscot.co.uk

Date	17 July 2026
Our Ref	FOI/2026/531
Enquiries to	Information Governance Team
Extension	54983
Direct Line	01224 554983
Email	gram.foi@nhs.scot

Dear [REDACTED]

Freedom of Information (Scotland) Act 2002

I refer to your e-mail dated 24 June 2026, requesting:

"I am making a request under the Freedom of Information (Scotland) Act 2002 on behalf of ADHD Scot, an independent, non-clinical information project providing trusted, reliable information on ADHD and autism assessments in Scotland, for both NHS and private providers.

I intend to publish the data on the ADHD Scot website (adhdscot.co.uk) in a simple table format, showing each Scottish health board's figures alongside the date the data was provided, to help people understand current waiting times and consider their options.

Please provide the following two figures for each of the four assessment types listed below, as current point-in-time figures where possible, or alternatively for the most recent available period:

- a) The median waiting time in weeks from GP referral to first assessment appointment*
- b) The total number of people currently on the waiting list*

The four assessment types are:

- 1. Adult ADHD assessment*
- 2. CAMHS (under 18) ADHD assessment*
- 3. Adult autism assessment*
- 4. CAMHS (under 18) autism assessment*

If any of the above is not held in a readily reportable format, please provide the nearest available equivalent and indicate what that is."

I can now respond as follows:

I am making a request under the Freedom of Information (Scotland) Act 2002 on behalf of ADHD Scot, an independent, non-clinical information project providing trusted, reliable information on ADHD and autism assessments in Scotland, for both NHS and private providers.

I intend to publish the data on the ADHD Scot website (adhdscot.co.uk) in a simple table format, showing each Scottish health board's figures alongside the date the data was provided, to help people understand current waiting times and consider their options.

Please provide the following two figures for each of the four assessment types listed below, as current point-in-time figures where possible, or alternatively for the most recent available period:

- a) The median waiting time in weeks from GP referral to first assessment appointment**
- b) The total number of people currently on the waiting list**

The four assessment types are:

1. Adult ADHD assessment

Aberdeen City Health & Social Care Partnership (HSCP):

- a) 194 weeks (Aberdeen City HSCP Only)
- b) 1823 (Aberdeen City HSCP Only)

Aberdeenshire HSCP:

Zero as they do not hold a waiting list or pathway for ADHD or Autism.

Moray HSCP:

Waiting list in place from September 2021 (currently no service). 567 people on waiting list.

2. CAMHS (under 18) ADHD assessment

Aberdeen City Health & Social Care Partnership (HSCP), Aberdeenshire HSCP and Moray HSCP do not undertake such assessments, adults only.

CAMHS

For individuals aged under 18 years of age, across NHS Grampian, assessment and diagnosis of Neurodevelopmental Disorders (including ADHD) in children and young people up to the age of 18 currently occurs within Community Child Health (CCH) services and / or within Child and Adolescent Mental Health Services (CAMHS), depending on clinical presentation and complexity. In NHS Grampian CAMHS, all patients referred to CAMHS are seen via a 1st triage appointment initially which includes all patients referred to CAMHS, all patients are seen within 18 weeks. Unfortunately, we are unable to split the data to show those awaiting autism assessment or ADHD assessment. As at 30 June 2026, there was 682 patients awaiting a 1st triage appointment.

Community Child Health

Community Child Health (CCH) accepts ADHD referrals for school aged children with a functional impairment. CCH do not have separate waiting lists for assessment of ADHD or autism. All patients are added to the new patient waiting list alongside patients with

developmental delays, neurodisabilities, other health conditions. The number of patients currently on this waiting list is 2220 with an estimated waiting time of 49 weeks for urgent referrals and 70 weeks for routine referrals.

3. Adult autism assessment

Aberdeen City Health & Social Care Partnership (HSCP):

- a) 130 weeks (Aberdeen City + Moray HSCP)
- b) 1838 (Aberdeen City + Moray HSCP)

Aberdeenshire HSCP:

Zero as they do not hold a waiting list or pathway for ADHD or Autism.

4. CAMHS (under 18) autism assessment

As question 2 response above.

Aberdeen City Health & Social Care Partnership (HSCP), Aberdeenshire HSCP and Moray HSCP do not undertake such assessments, adults only.

Under section 20 (1) of the Act, if you are dissatisfied with the way NHS Grampian has dealt with your request, you have a right to request a review of our actions and decisions in relation to your request. Should you be unhappy with the outcome of that review you have a right to appeal to the Scottish Information Commissioner.

A request for review must be made within 40 working days and should, in the first instance, be in writing to: Directorate of Corporate Communications, Foresterhill House, Foresterhill, Aberdeen, AB25 2ZB or by email to gram.foi@nhs.scot

Requests for appeal can be made by using the Scottish Information Commissioner's online service at www.itspublicknowledge.info/Appeal or should be made in writing to: Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS Telephone: 01334 464610, Fax: 01334 464611.

If you remain dissatisfied following an appeal to the Scottish Information Commissioner your recourse is to the Court of Session on a point of law.

Yours sincerely



Roohi Bains
Information Governance Manager & Deputy DPO
NHS Grampian