

[REDACTED]
hello@adhdscot.co.uk

Date: 27 July 2026
Your Ref:
Our Ref: FOI: 29528
Please quote reference number on all correspondence

Enquiries to: FOI Team
Email: nhsh.foirequestshighland@nhs.scot

Dear [REDACTED]

**Freedom of Information (Scotland) Act 2002 – Request Ref: 29528
ADHD and Autism Assessment**

Thank you for your request for information, received on 25 June 2026, in relation to the above. Your request has been handled in accordance with the Freedom of Information (Scotland) Act 2002 (FOISA). Your request and NHS Highland's response are set out below.

FOISA provides a right of access to recorded information held by Scottish public authorities, subject to certain exemptions. It does not require a public authority to create new information in order to respond to a request.

- **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:

- 1. The median waiting time in weeks from GP referral to first assessment appointment**



Headquarters:

Assynt House, Beechwood Park, Inverness, IV2 3BW

Chair: Sarah Compton-Bishop
Chief Executive: Fiona Davies

The median waiting time for **adult ADHD** assessment is 38 weeks. This is based on the median wait, in weeks, to the date of first appointment. From the data held, NHS Highland cannot determine whether the first appointment was for screening, triage or assessment.

The median waiting time for **adult autism** assessment is 127 weeks. This is based on the median wait, in weeks, to the date of first appointment. From the data held, NHS Highland cannot determine whether the first appointment was for screening, triage or assessment.

2. The total number of people currently on the waiting list

The total number of **adults** currently waiting for an **ADHD assessment** is 433.

The total number of **adults** currently waiting for an **Autism assessment** is 443.

The four assessment types are:

- **Adult ADHD assessment**
- **CAMHS (under 18) ADHD assessment**
- **Adult autism assessment**
- **CAMHS (under 18) autism assessment**

NHS Highland does not hold recorded aggregate waiting time or waiting list information specifically for CAMHS ADHD assessments or CAMHS autism assessments. Children and young people are not accepted onto the CAMHS waiting list specifically for autism or ADHD assessments. Referrals must meet CAMHS referral criteria, demonstrating significant mental health concerns, before a case can be accepted.

Where clinically appropriate, a CAMHS clinician may consider whether a neurodevelopmental assessment would be helpful to inform formulation or intervention and determine the appropriate timing of any such assessment. However, this information is not collected or held in aggregate form. If relevant information exists, it is likely to be recorded only within individual patient medical records. These records are confidential patient records and would not be reviewed or extracted for the purpose of creating aggregate information in response to a FOISA request.

In accordance with section 17 of FOISA, this is formal notice that NHS Highland does not hold the requested aggregate information for CAMHS ADHD assessments or CAMHS autism assessments.

For information, general CAMHS waiting times are routinely published by Public Health Scotland and are accessible via the link below:

[Child and Adolescent Mental Health Services \(CAMHS\) waiting times - Quarter ending March 2026 - Child and Adolescent Mental Health Services \(CAMHS\) waiting times - Publications - Public Health Scotland](#)

I hope this response is helpful. If you wish to discuss this response or have any questions, please contact us quoting the reference number above.

Your right to request a review

Under section 20(1) of FOISA, if you are dissatisfied with this response, you have the right to request an internal review. Your request should explain why you wish a review to be carried out and must be made within forty working days of receiving this letter. You can do this by making a formal request in writing to:

Freedom of Information Officer
NHS Highland
Assynt House
Beechwood Park
Inverness, IV2 3BW

or by email nhsh.foirequestshighland@nhs.scot

Appealing to the Scottish Information Commissioner

If you remain dissatisfied following the outcome of the review, you have the right to appeal to the Scottish Information Commissioner within six months of the date on which you receive our review response. You can request an appeal by accessing the [Online Appeal Service](#) on the Commissioner's website.

If you do not wish to appeal online, you can also contact the Commissioner by email or post as follows:

The Scottish Information Commissioner
Kinburn Castle
Doubledykes Road
St Andrews
Fife, KY16 9DS

Email: enquiries@foi.scot
Telephone: 01334 464610

Yours sincerely

Heather Campbell
Freedom of Information Officer