

19 October 2026

Dear ADHD Scot

Request FOI/2004

I am writing regarding your request made under the Freedom of Information (Scotland) Act 2002 (FOISA).

Please find NHS Shetland's response to your request below. Apologies for the delay in our response to you, which has been caused by significant staffing pressures.

I trust that this response is to your satisfaction. However, if you are dissatisfied with how NHS Shetland has managed your request, under FOISA s 20 you may request a review.

A request for review must be made in writing to Carolyn Hand, Corporate Services Manager, NHS Shetland, Board Headquarters, Upper Floor Montfield, Burgh Road, Lerwick, Shetland, ZE1 0LA, or replying to this message, no later than 40 working days from the date of this notification. You must include your name, an address (or email address) for correspondence, details of your original request and the reason why you wish us to undertake the review.

If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to ask for advice and assistance or to make a formal appeal to the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS. An appeal to the Commissioner should be made within six months of this notice.

Please get in touch if you require any further advice or assistance.

Kind regards,
Kristen Wishart

FOI Officer
NHS Shetland Board Headquarters
Upper Floor Montfield, Burgh Road, Lerwick, Shetland, ZE1 0LA
nhssheland@infreemation.co.uk

Questions to be answered

This updates your response FOI/1807, which explained (section 17) that waiting lists are not coded by ADHD or autism and provided whole-service figures as the nearest equivalent: adult Psychological Therapies 257 waiting / 22 weeks median, and CAMHS 17 waiting / 4 weeks median, as at 30 June 2026. I request:

1. The current equivalent of those same whole-service figures (Adult Psychological Therapies, and CAMHS: people waiting and median wait for each), as at the most recent date for which data is held.

Figures are as of 30/09/2026

Adult Psychological Therapies

314 people waiting

Median waiting time: 21 weeks

CAMHS

14 people waiting

Median waiting time: 4 weeks

2. Whether waiting lists, referrals or appointments are now coded by ADHD or autism assessment, and if so, the equivalent figures for those categories. (I note your board answered a related request on adult ADHD services on 14 July 2026 under reference FOI/1794 — [REDACTED], published on WhatDoTheyKnow.)

The coding has not changed.

3. The number of referrals received in the most recent 12 months where ADHD or autism assessment was requested, if this can be identified from referral records without a manual search.

In accordance with FOISA s 17(1), NHS Shetland confirms that it does not hold the information requested.