

ADHD

Accurate diagnosis is the first step in seeking the best treatment options

Why Test?

One single test cannot diagnose or rule-out the presence of ADHD in a child or an adult. Therefore our team of psychologists utilizes a “multimodal” approach to assessing ADHD which includes:

- An *in-depth clinical interview* conducted by one of our highly trained psychologists
- The use of *observational rating scales* from multiple observers often including parents, teachers, and friends
- The use of *computerized objective measures* designed to measure sustained attention and concentration in children and adults

We gather and interpret data to rule-out other possible explanations for the concerning behavior. We then present the information to the individual or family by means of an interactive feedback session and an integrated written report for your benefit. Referrals for additional services and in depth treatment recommendations will be provided if needed.

Let us help you make the most accurate diagnosis possible

ADHD has become a popular household label used to explain behavioral problems ranging from normal irresponsibility to serious learning difficulties. Determining whether ADHD is the cause of your patient's problems is the first step in finding the right solution.

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DO YOU OR YOUR CHILD EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS?

(PLEASE CHECK ALL THAT APPLY)

(Adapted from DSM-5)

SYMPTOMS OF INATTENTION INCLUDE (DSM-5: 6 or more):

- Difficulty paying attention to details and tendency to make careless mistakes in school or other activities; producing work that is often messy and careless
- Easily distracted by irrelevant stimuli and frequently interrupting ongoing tasks to attend to trivial noises or events that are usually ignored by others
- Inability to sustain attention on tasks or activities
- Difficulty finishing schoolwork or paperwork or performing tasks that require concentration
- Frequent shifts from one uncompleted activity to another
- Procrastination
- Disorganized work habits
- Forgetfulness in daily activities (for example, missing appointments, forgetting to bring lunch)
- Failure to complete tasks such as homework or chores
- Frequent shifts in conversation, not listening to others, not keeping one's mind on conversations, and not following details or rules of activities in social situations

SYMPTOMS OF HYPERACTIVITY and IMPULSIVITY INCLUDE (DSM-5: 6 or more):

- Fidgeting, squirming when seated
- Getting up frequently to walk or run around
- Running or climbing excessively when it's inappropriate (in teens this may appear as restlessness)
- Having difficulty playing quietly or engaging in quiet leisure activities
- Always being 'on the go'
- Often talking excessively
- Blurting out answers before questions have been completed
- Difficulty awaiting one's turn
- Frequently interrupting or intruding on others to the point of causing problems in social or work settings

If you or your child is experiencing distress in any of these areas you may benefit from a consultation with one of our experts.