

Supplemental Tests

Description and Importance

Supplemental psychometric tests are essential for conducting comprehensive and differential diagnostic evaluations of adult ADHD. While core ADHD-specific rating scales serve as the foundation, they are often insufficient to capture the full clinical picture. Co-occurring conditions—such as anxiety, mood disorders, sleep disturbances, and learning disabilities—can mimic or obscure ADHD symptoms. Likewise, certain medical, neurodevelopmental, or neurological issues may present overlapping symptoms. By incorporating validated instruments to assess these potential comorbidities, psychologists can enhance diagnostic accuracy, rule out alternative explanations, and tailor treatment recommendations to the client’s full clinical profile. This chapter provides a curated list of key screening and assessment tools organized by condition domain and underscores their strategic use within a structured ADHD evaluation.

Learning Objectives

- Identify evidence-based supplemental instruments used in ADHD evaluations.
 - Understand how differential diagnosis improves clinical clarity and treatment accuracy.
 - Recognize the categories of co-occurring conditions that should be screened for in ADHD evaluations.
 - Integrate select instruments into your evaluation workflow to efficiently assess for comorbid disorders.
 - Avoid common pitfalls in ADHD misdiagnosis by expanding your clinical assessment strategy.
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