

Remote Adult ADHD Evaluation

Note: *I have not yet conducted remote adult ADHD evaluations. Procedures for conducting remote adult ADHD evaluations are in the works as an advanced course.*

Description and Importance

Remote ADHD evaluations have become an essential service offering, expanding access to care while introducing unique ethical, legal, and clinical considerations. This chapter outlines how psychologists can ethically and competently conduct adult ADHD assessments via telehealth, in alignment with APA guidelines. Special attention is given to challenges in behavioral observation, technological limitations, privacy concerns, and adaptations for adult ADHD symptoms. When approached with diligence, remote evaluations can yield clinically valid and ethically sound diagnostic results, particularly when combined with structured collateral interviews and validated digital tools.

Learning Objectives

By the end of this chapter, the clinician will be able to begin to:

1. Apply APA ethical standards to telehealth-based ADHD evaluations.
2. Obtain and document informed consent tailored to remote settings.
3. Implement HIPAA-compliant technology to ensure confidentiality and data security.
4. Adapt assessment tools and procedures to maintain diagnostic validity.
5. Identify contextual factors and client limitations that may compromise a remote evaluation.
6. Navigate legal and jurisdictional considerations, including PSYPACT participation.
7. Prepare for and document crisis management in remote contexts.
