



The Scottish Parliament  
Pàrlamaid na h-Alba

## **Tell us what you think about pathways to diagnosis, treatment and support for ADHD and ASD**



### **Easy read survey**

Tell us what you think before  
**11.59pm on**  
**Monday 18 August 2025**



# Who we are



The Scottish Parliament  
Pàrlamaid na h-Alba

We are the **Health, Social Care and Sport Committee** of the **Scottish Parliament**.



A **committee** is a small group of people who are **Members of the Scottish Parliament**, also called **MSPs**.



The Scottish people decide who is an MSP by voting for them in elections.



The **Scottish Parliament** makes **laws** in Scotland.



**Laws** are rules that tell people what they can or cannot do.



They protect people and make sure everyone is treated in a good and fair way.



The Scottish Parliament also checks what the **Scottish Government** is doing.



© The Scottish Government

The **Scottish Government** decides how to run the country.



The Scottish Government and the Scottish Parliament are separate organisations.

# What this booklet is about



This booklet is about an **inquiry** we are doing.

An **inquiry** is when we find out information about something.



Our inquiry is about **pathways** to **diagnosis**, treatment and support for conditions called **ADHD** and **ASD**.



A **pathway** is a way to get somewhere or make something happen.

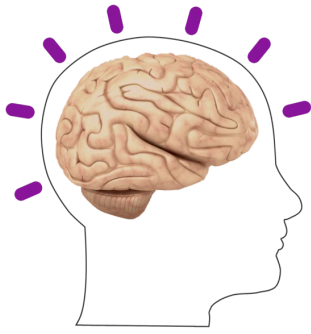


A **diagnosis** is when a doctor makes a decision about what a certain health problem is.



**ADHD** is short for **Attention Deficit and Hyperactivity Disorder**.

**ASD** is short for **Autism Spectrum Disorder**.



ADHD and ASD are **neurodevelopmental conditions**.

**Neurodevelopmental conditions** affect how you think, learn and behave.

## About ADHD

If you have ADHD, you might

- find it hard to **concentrate**
- be **hyperactive**
- be **impulsive**.

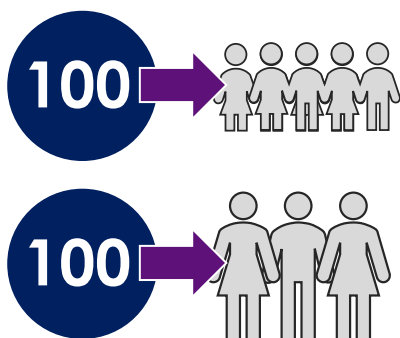


If you find it hard to **concentrate**, it means you find it hard to stay thinking about 1 thing.

If you are **hyperactive**, it means you are restless and find it hard to sit still.



If you are **impulsive**, it means you do and say things without thinking about the effect you will have first.



ADHD affects

- about 5 children in every 100 children
- about 3 adults in every 100 adults.



## About ASD

ASD affects how you grow, learn and behave. It lasts for your whole life.



If you have ASD, it can affect how you

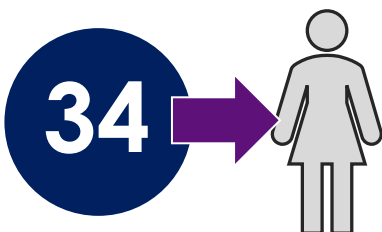
- **communicate**
- **interact** with other people
- understand information.



**Communicate** means how we give information to other people, like talking or writing.

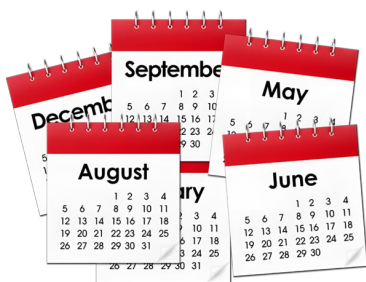


**Interact** means how we communicate and do things with other people.



ASD affects

- about 1 person in every 34 people.



Our committee wants to find out

- why **waiting times** are long for diagnosis, treatment and support for ADHD and ASD
- why more people are asking for diagnosis, treatment and support for ADHD and ASD
- how ADHD and ASD are diagnosed
- what the treatment and support for ADHD and ASD is
- how people are affected by long waiting times for ADHD and ASD services
- how healthcare staff are affected by **high demand** for ADHD and ASD services
- how services for ADHD and ASD could be made better.

**Waiting times** are how long people have to wait for something, like a service.

**High demand** is when lots of people ask for something.

# What we want you to tell us



We want you to tell us about your **personal experience** of pathways to diagnosis, treatment and support for ADHD and ASD.

**Personal experience** means something that has happened in your life or that you have been a part of.



You might have personal experience because

- you have ADHD or ASD
- you are a family member or carer for someone with ADHD or ASD
- you do work that supports people with ADHD and ASD.



For our inquiry, personal experience includes

- diagnosis
- waiting times
- getting treatment and support.



We also want you to tell us about things that have worked well for you with pathways to diagnosis, treatment and support for ADHD or ASD.



If we know something worked well, we can try to make it happen across all of Scotland.

**Questions**

1. \_\_\_\_\_

\_\_\_\_\_

We have written some questions for you to answer. This is called a **survey**.

The survey  
What we want you to tell us

Question 1  
Which sentence is closest to your situation?  
You must answer this question.  
Choose 1 box that is right for you.

☐ I have been diagnosed with ADHD, and I am waiting for treatment or support

☐ I have been diagnosed with ADHD, and I am getting treatment or support

☐ I have been diagnosed with ASD, and I am waiting for treatment or support

☐ I have been diagnosed with ASD, and I am getting treatment or support

☐ I am waiting for a diagnosis for ADHD or ASD

☐ I am a family member or carer for someone who wants to get diagnosis, treatment or support for ADHD or ASD

☐ I do work that supports people with ADHD or ASD

The questions are on **pages 11 to 15** of this booklet.



What you tell us is important. It will help the MSPs decide what questions to ask about this subject in committee meetings.

# How to fill in the survey



- Type your answer in the box under each question.
- If the question has small boxes, click the box next to the answer you want to choose.



When you have filled in the survey, save it to your computer.

Attach it to an email and send it to this address

[hscs.committee@parliament.scot](mailto:hscs.committee@parliament.scot)



The questions start on the next page.

# The survey

## What we want you to tell us

### Question 1

#### Which sentence is closest to your situation?

You must answer this question.

Choose 1 box that is right for you.



- ☐ I have been diagnosed with ADHD, and I am waiting for treatment or support
- ☐ I have been diagnosed with ADHD, and I am getting treatment or support
- ☐ I have been diagnosed with ASD, and I am waiting for treatment or support
- ☐ I have been diagnosed with ASD, and I am getting treatment or support
- ☐ I am waiting for a diagnosis for ADHD or ASD
- ☐ I am a family member or carer for someone who wants to get diagnosis, treatment or support for ADHD or ASD
- ☐ I do work that supports people with ADHD or ASD

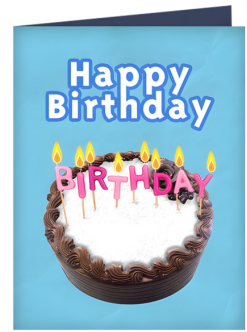
## The survey

### Question 2

#### How old are you?

You must answer this question.

Choose 1 box that is right for you.



☐ Less than 16 years old

☐ 16 to 24 years old

☐ 55 to 64 years old

☐ 25 to 39 years old

☐ 65 years old or more

☐ 40 to 54 years old

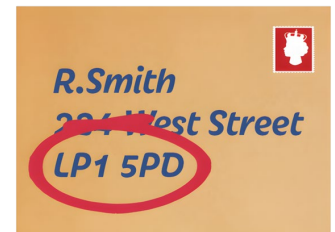
☐ I don't want to say

### Question 3

#### What is your postcode?

You must answer this question.

Write in the box below.

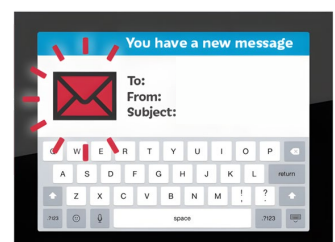


### Question 4

#### Would you like to get emails from our committee with updates about this inquiry?

The updates might not be in Easy Read.

Choose 1 box that is right for you.



☐ Yes

☐ No

## The survey

### Question 5

**What is your experience of trying to get a diagnosis for ADHD or ASD in Scotland?**

Write in the box below.



## The survey

### Question 6

**Why were you trying to get a diagnosis for ADHD or ASD?**

Write in the box below.



## The survey

### Question 7

**Is there anything that would have made your experience of trying to get a diagnosis for ADHD or ASD better?**

Write in the box below.

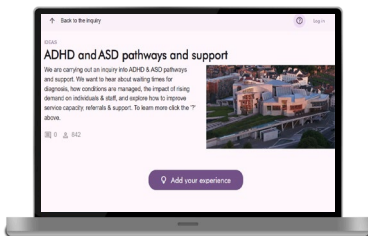


**Thank you for answering our questions**

# What we do with your personal information



Your **personal information** means anything you tell us that lets other people know who you are, like your name or email address.



We will put what you tell us on a website called **Your Priorities**. If you want to look at the Your Priorities website, go to [engage.parliament.scot/group/31500](https://engage.parliament.scot/group/31500)



We won't put any personal information on the Your Priorities website.



If you email this booklet to us, we will keep your email address until the end of the inquiry.



We will only use your email address if

- we want to ask you questions about what you tell us
- you say you want us to tell you information about the inquiry.

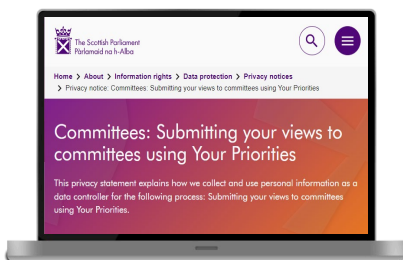


We might also talk about what you tell us in committee meetings or we might put it in a report, but we will not include any personal information.



## Privacy Notice

A **Privacy Notice** is a document that tells you what an organisation does with your personal information.



To read our Privacy Notice about what happens when you tell us what you think, go to this website [parliament.scot/about/information-rights/data-protection/privacy-notices/committees-submitting-your-views-to-committees-using-your-priorities](https://parliament.scot/about/information-rights/data-protection/privacy-notices/committees-submitting-your-views-to-committees-using-your-priorities)

# Contact us



If you have any questions about this booklet,

- send an email to this address [info@parliament.scot](mailto:info@parliament.scot)
- or call this telephone number **0800 092 7500**



If you want information in other languages or in British Sign Language (BSL), please ask us.