Hello,

We have received a referral concerning your child. You will be contacted within a week, and in most cases, the assessment is completed within six weeks. Before the assessment, we kindly ask that you, as legal guardians, complete the attached form titled "Background Information for Neuropsychiatric Assessment" and either email it to us or bring it to the first appointment.

It is especially important that you indicate whether PAX Clinic is permitted to access your child's medical records from other healthcare providers, and that you provide the child's personal identification number. If you have previously been in contact with public or private care providers regarding your child, please ensure you bring printed copies or downloads from 1177 or other medical records.

You can read more about the assessment process and how to best prepare further down in this letter. If you would like more information, feel free to contact us by phone or email.

We warmly welcome you to PAX!

Below you'll find a brief description of how the assessment is carried out and what each step involves. A psychologist from PAX will also go through this with you by phone before the assessment begins.

Information about the Assessment at Familjepsykologerna (PAX)
A neuropsychiatric assessment includes several steps. You and your child will meet with both a psychologist and a physician at PAX for interviews, psychological testing, and medical examination. The psychologist will also contact and interview staff from your child's school or preschool. Once the psychologist and physician have gathered all necessary information, they will evaluate together whether your child meets the criteria for any diagnoses. You will then be invited to a follow-up session where we go through the results and conclusions.

More details about the different stages of the assessment and other relevant information are provided below.

Important to Know Before the Assessment Begins
At PAX, we conduct assessments for neurodevelopmental conditions such as ADHD, ADD, autism spectrum disorders, and Tourette's syndrome. We also always establish a cognitive profile and discuss your child's developmental and intellectual functioning.

A neuropsychiatric assessment may result in one or more diagnoses. It's possible that the outcome includes a diagnosis you did not initially seek assessment for. The process also includes evaluating your child's learning abilities, which may help identify general learning difficulties or a mild intellectual disability.

While the primary goal of the assessment is to ensure your child receives the right support and treatment, it's also important to be aware of potential long-term implications of receiving a neuropsychiatric diagnosis. For example, some diagnoses may limit access to certain education paths or professions – such as becoming a pilot – although these regulations may change over time. Diagnoses can also affect eligibility or cost for certain life or health insurance plans. We recommend contacting your insurance provider for more detailed information. In Sweden, a special medical certificate is also required in order to begin supervised driving practice if a diagnosis is established.

What Happens During the Psychologist Visit?
At the psychologist's appointment, you and your child will be asked questions about your child's current challenges and how they have developed from early childhood up to now. These questions are asked through interviews and by having you fill in questionnaires. Your child will also complete a cognitive test – either the WISC or WAIS – which measures learning abilities, unless the same test was recently conducted by another psychologist, such as a school psychologist. If needed, the psychologist may recommend additional testing, such as a computerized attention test.

We prefer that both guardians attend the psychologist visit, but it is sufficient if only one can come. If the other guardian wishes to provide input, this can be arranged via phone at a later time.

How You Can Support Your Child
The psychologist appointment usually takes several hours. Even though the psychologist will adapt the session to your child's needs, the day can still be demanding. You can help your child by ensuring a good night's sleep before the visit and by bringing snacks and drinks. It's also a good idea to keep the rest of the day free from other activities, as your child may feel tired afterward.

Contact with Preschool/School Staff
The psychologist will also contact staff from your child's preschool or school to gather information about how your child functions in the educational setting. You and the psychologist will decide together who at the school should be interviewed. If the school has completed a pedagogical assessment or evaluation, it is helpful if we receive a copy of that document.

What Happens During the Doctor's Visit?
During the appointment with the doctor, you and your child will answer questions about your child's mental health now and in the past. The doctor will also perform a brief physical examination, including listening to your child's heart and asking them to perform some movements to check basic motor function. No blood samples will be taken.

After the Assessment
Once the psychologist and the physician have gathered the necessary information, they will jointly evaluate whether your child meets the criteria for one or more diagnoses. You will then be invited to a feedback session with the psychologist, where the results of the assessment will be explained in detail. The psychologist will also provide recommendations for treatment and support based on your child's needs.

You will receive a written report summarizing the findings, either by post or digitally. If further support or treatment is needed and you, as the guardian(s), wish to proceed, the psychologist can issue a referral to an appropriate healthcare provider for continued care.

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