PROVIDE WELLBEING | Qbtech

Getting ready for your QbCheck

Use this checklist to prepare for your appointment.

1 Allow around 35 minutes

This includes explanation, set-up and the 20-minute test.



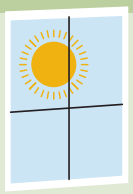
2 Get some rest

Try to get a good night's sleep and give yourself time to settle before starting.



3 Take the test during the day

If possible, start the test during daylight hours.



4 Use the bathroom beforehand

The test cannot be paused once it starts.



5 Your usual ADHD medication

Keep taking it as normal unless your clinician has advised otherwise.



6 A quiet space

Choose a room where you won't be disturbed. Turn off the TV and keep noise and distractions to a minimum.



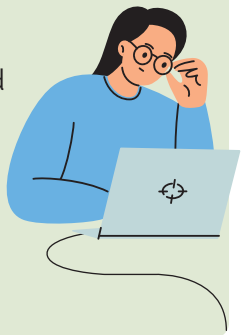
7 The right seat

- Ages 12 and over: use a firm-backed chair without wheels or armrests that does not swivel.
- Children under 12: use a stable stool without a backrest or armrests that does not swivel.



8 Your laptop

- Use a laptop with a built-in webcam and an internet connection. Keep it plugged in to the mains.
- Use the latest version of Chrome or Microsoft Edge.
- Smartphones and tablets cannot be used.



9 For anyone under 18

An adult should be present during the test.



QbCheck measures attention, activity and impulsivity to help our team understand your symptoms. Your results are compared with those of people of the same age and sex, with and without ADHD. This supports assessment and, where relevant, helps us understand how you respond to ADHD treatment.