

# CLAHRCBITE

Brokering innovation through evidence

---

## The impact of QbTest on diagnostic decision making in ADHD



### Results

Access to the QbTest report increased diagnostic decisions about ADHD, reduced appointment length and increased clinician confidence.

### Who needs to know?

Clinicians, commissioners, service providers and service users involved in ADHD

## What did we do:

We conducted a randomised, single-blind controlled trial in mental health and community paediatric clinics in England, with 250 children (6-17 years) who had been referred for an ADHD diagnostic assessment. All underwent assessment-as-usual, plus QbTest. QbTest is a computerised test of attention/impulsivity which also measures activity. Participants and their clinician were randomised to either receive the QbTest report immediately (QbOpen group) or the report was withheld (QbBlind group).

## What we found and what does this mean:

Clinicians with access to a QbTest report (QbOpen arm) were more likely to make a diagnostic decision in 6-months than without a QbTest report (QbBlind arm). Having a QbTest report also reduced the number of consultation minutes to make a diagnostic decision by 15%, increased clinicians' confidence in decision-making, and doubled the likelihood of excluding ADHD. There was no difference in diagnostic accuracy. Health economic analysis suggested the trial was 'cost-neutral'.

## What next:

QbTest was supported by the East Midlands Academic Health Science Network (AHSN) and has supported the adoption of QbTest across three NHS Trusts in the East Midlands. On the basis of the success of the trial and QbTech won the prestigious HSJ Innovation in Mental Health Award in 2018. Alongside the AHSN, we are working to continue the spread and adoption of QbTest across England.

## Evidence:

Hollis, C., Hall, C.L., Guo, B., James, M., Boadu, J., Groom, M.J., Brown, N., Kaylor Hughes, C., Moldavsky, M., Valentine, A.Z. and Walker, G.M., Daley, D.M., Sayal, K., Morris, R. on behalf of the AQUA-Trial group. (2018). The impact of a computerised test of attention and activity (QbTest) on diagnostic decision-making in children and young people with suspected attention deficit hyperactivity disorder: single-blind randomised controlled trial. *Journal of Child Psychology and Psychiatry*. 59 (12), 1298-1308.

## What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

---

 @clahrc\_em  [www.clahrc-em.nihr.ac.uk](http://www.clahrc-em.nihr.ac.uk)  [clahrc-em@leicester.ac.uk](mailto:clahrc-em@leicester.ac.uk)

This research is funded by the National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care East Midlands (CLAHRC EM).