Psychologist & Specialist Medical Clinic

Hello,

We have received a referral regarding an assessment with us. You will be contacted within a week, and in most cases, the assessment is completed within 4–6 weeks.

Before the assessment, we kindly ask that you confirm whether PAX Clinic may access your medical records from other healthcare providers. ***Please also ensure that you bring copies or printouts from 1177 or any private healthcare providers you have previously been in contact with.***

Further down in this letter, you can read more about how the assessment works and how to best prepare. If you have any questions, feel free to contact us by phone or email.

We warmly welcome you to PAX Clinic!

Below you'll find a brief overview of how the assessment process works and the different steps involved. If needed, the responsible psychologist will also review this with you by phone before the assessment.

Information about the assessment at PAX Clinic

A neuropsychiatric assessment consists of several components. You will meet with both a psychologist and a physician at PAX Clinic – either in person or digitally – for interviews, testing, and examination. The psychologist will also interview a close relative or someone who knows you well. Once the psychologist and physician have gathered the necessary information, they will evaluate together whether you meet the criteria for a diagnosis. You will then be invited to a follow-up meeting where the conclusions will be presented.

Below, you can read more about the various steps and other important information regarding the assessment.

Important to Know Before the Assessment Begins

At PAX Clinic, we assess for neuropsychiatric conditions such as ADHD, ADD, autism spectrum disorders, and Tourette's syndrome. We also always map out a cognitive profile and discuss intellectual ability. A neuropsychiatric assessment may lead to one or more diagnoses – including ones you may not have initially suspected or sought help for. As part of the assessment, we also test your learning abilities. This can help identify general learning difficulties or mild intellectual disabilities.

While the purpose of the assessment is to ensure you receive the right support and treatment, it is also important to be aware that a neuropsychiatric diagnosis may have other consequences in your life.

For example, certain diagnoses can limit access to specific educational programs or professions – such as becoming a pilot – although such restrictions may change over time. A diagnosis may also affect your ability to obtain life or health insurance, or lead to higher premiums. For more information, we recommend contacting your insurance provider directly. Additionally, a special medical certificate is required in order to begin driver's permit training.

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What happens during the psychology visit?

At your appointment with the psychologist, you will be asked questions about your current difficulties and how you have functioned from early childhood until now. If possible, it is helpful if a parent or someone who knows your childhood well can accompany you. The questions will be asked both through interviews and by having you (and possibly a relative) complete questionnaires.

You will also complete a test – either WAIS or Raven's Matrices – to assess cognitive abilities, unless this has recently been done by another psychologist. The psychologist may also decide that additional testing is needed, such as a computerized attention test. We encourage a parent or close relative to attend the psychology visit. If they are unable to come but wish to provide input, this can be arranged later via phone.

How to prepare yourself

A psychology session usually takes several hours, and even though the psychologist will adapt the process to your needs, the day may still feel demanding. To help yourself, make sure to get a good night's sleep before the visit and feel free to bring something to eat and drink. It's also a good idea to avoid scheduling many other activities afterward, as you might feel tired after the assessment.

What happens during the medical visit?

During the appointment with the physician, you will also be asked questions about your current mental health and how you have been feeling over time. The doctor will perform a brief physical examination, which includes listening to your heart and asking you to perform some simple movements to ensure your body is functioning properly. No blood tests will be taken. However, a drug screening will be performed to confirm that you are drug-free.

When the assessment is complete

Once the psychologist and physician have gathered the necessary information, they will jointly assess whether you meet the criteria for one or more diagnoses. You will then be invited to a digital feedback session with the psychologist, where the results of the assessment will be presented. The psychologist will also provide information about recommended treatment and support. You will receive a written report with the results, sent to you by post or digitally. If needed and you wish so, the psychologist can also refer you to another healthcare provider for continued support or treatment.

At PAX, you also have the opportunity to take part in educational courses related to neuropsychiatric conditions such as ADHD, attend therapy, and receive medication-based treatment after an assessment with us. We also offer various groups, such as support meetings for parents and teen groups for adolescents with high-functioning autism. After the feedback session, we will continue the conversation to ensure you receive the best possible support and care.

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