

This file contains the *Qualitative Study – Topic Guide for Post-transition Patients* from the NIHR CATCH-uS ADHD Transition Research Project (2015 – 2019).

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Topic guide 2: young people transferred to adult services

1. Transition - opening

- a) You've recently moved from child to adult services? How did it go?
 - What was good about the process?
 - What was not so good?
 - What would you change, if you could?

2. Planning and preparation for transition

- a) When did your therapist/doctor at the children's service first talk about a transition to adult services?
 - a. How did you feel about this?
 - b. What was discussed prior to the transfer? What made you continue medication/treatment for your ADHD?
- b) When did you first have any contact with professionals from the service that is now treating you for your ADHD
- c) Was there a planning meeting?
 - a. Do you feel that your opinions/wishes were taken into account in deciding to transfer to adult services?
 - b. Do you feel that your needs were taken into account in terms of
 - i. Your education or employment
 - ii. Your home life
 - iii. Your plans for the future
- d) How well prepared did you feel for transferring to adult services? If you did not feel well prepared, what would have helped you feel more prepared for going to the service for adults?
- e) Is there anything that could have helped you and your family prepare for leaving CAMHS/Paediatrics?

3. The transition process

- a) Was it clear who you could contact for help throughout the process?
- b) Did you have a named contact or transition worker at CAMHS? At the service for adults?
- c) Were there any gaps in your care when you moved from CAMHS to the service for adults, or times when you could not get the help you needed?
- d) What did you think about how CAMHS and the service for adults worked together?

4. Improving transition

In your opinion, how could transition be improved for young people moving from CAMHS to services for adults?