

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

For more information or to ask permission to use this tool please contact catchus@exeter.ac.uk

Topic guide 5: Professionals from adult services

1. Your service

- a) What adult service do you work in? (e.g. generic CMHT, specialist ADHD team, other)
 - If not specialist ADHD – do you have staff with an interest or expertise in ADHD within your team?
- b) What is the age boundary of your service?
- c) Does this age range vary for different diagnoses?

2. Referral into your service

- a) Who refers young adults with ADHD to your service? (children's services & other)
- b) How are these referrals dealt with?
- c) Transition planning
 - i. Are you aware of a protocol for transition, either within your service or children's services?
If so, do you refer to it and it is helpful? - If not, why might that be?
 - ii. Do you usually receive appropriate information in the referral letter/documentation?
If not, what are the timeframes in which appropriate information is passed over to you?
- d) User/carer involvement:
 - i. Who is usually involved in the transition process?
Probing questions: Is there any involvement from non-health services, e.g. education, social services, GP? To what extent are the young person and their family involved in transition planning and transition meetings?
 - ii. Who would you want to be involved?
 - iii. Where referrals are not accepted, what are the most common reasons for this?
Do you offer an alternative?

3. General experiences with the transition process

- a) What barriers have you experienced in working with children services? - Does it make a difference if your services are within the same organisation/Trust?
- b) What barriers have you experienced with referrals from elsewhere (young adults re-entering the system after they dropped-out of services at a younger age).

4. After transfer

- a) In your experience, how well prepared are young people for transfer into adult services?
 - If not well prepared, what could be improved?
- b) In your experience, how well prepared are young people's families for their transfer into adult services?
 - How could this be improved?
- b) How confident do you and your own colleagues feel in engaging young people who might find the transition difficult?

- How could this be improved?
- c) When the young person is seen in your service, do you have access to the relevant notes from child services?

5. Optimal transition

- a) Do you feel that your service is able to meet the needs of young people in transition?
- b) Are there any specific changes that you think would make a difference?
- c) What would optimal transition look like from your perspective?