

Managing young people with ADHD in primary care (MAP) study v1.0
WP2 Topic guide – Health professionals and providers



Interview Topic Guide - WP2 (Health professionals and providers)

Study title: Managing young people with ADHD in primary care (MAP) study

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Please note this topic guide is for researchers only. This will be used to prompt questions during the interview. This is not a questionnaire. This topic guide will be adapted and refined following findings from WP1, and in consultation with MAP study research advisory groups.

This interview aims to explore your experiences in relation to providing services and support for young people with ADHD in primary care (e.g., GP practice or local surgery). There will be a particular focus on factors that have made it easier and those that have made it harder to provide accessible and appropriate care. Also, on any recommendations you may have to improve access to primary care for young people with ADHD in the future.

Demographics

1. **What is your primary role?** (e.g., GP, specialist nurse, PCN manager, pharmacist)
2. **What other roles also describe you?** (e.g., also have ADHD or also mental health lead for practice)
3. **How long have you been in your current role?**
4. **What is your geographic location?** (e.g., postcode of your workplace, or local GP practice)

Research topic guides

1. Current healthcare context

- a. What are your experiences of providing healthcare for young people and adults with ADHD? (Prompts: cover GP, specialist services, CAMHS, AMHS, psychological therapies)
- b. What other interests or experiences do you have that could relate to providing healthcare and support for people with neurodiverse conditions (e.g., ADHD, Autism) and/or mental health needs? (e.g., special interest, training, personal experience)
 - i. Do you have experience of providing transition support for young people with long term conditions?

2. Providing care and support for ADHD through primary care

- a. Please tell us about your experiences of providing (or trying to provide) care for ADHD via your local primary care practice/network. (Prompts: prescriptions, diagnosis, referral, mental health support, physical health support, transition).
- a. What are your expectations and needs when conducting a primary care consultation, or providing other forms of healthcare support in relation to ADHD?
- b. How do you approach the patient's relationship with their parent/carer?

3. Providing care and support for wider mental and physical health through primary care to people with ADHD

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- a. Is there anyone at your local practice/PCN with a special interest in ADHD or mental health that can provide psychological or social support to someone with ADHD? (If so, what are your experiences in relation to this?)
- b. In addition to ADHD related needs, how would you consider/discuss a patient's wider mental health during a consultation, or when providing healthcare support?
- c. In addition to ADHD related needs, how would you consider/discuss a patient's wider physical health during a consultation, or when providing healthcare support?
- d. Are you aware of any physical health risks faced by people with ADHD? If so, do you address these when providing healthcare support for people with ADHD, and in which ways?
(Prompts: awareness of risks re substance use, smoking, other risk-taking behaviours; any signposting to support or information that they undertake; harm reduction strategies etc.)

4. Adjustments to help people with ADHD access primary care

- a. Is there anything that your service does to make it easier for young people with ADHD to access care and support through primary care? What changes could be made to make it easier for them to access care? (Prompts: physical location, online/face-to-face, appointment reminders)
- b. What can a primary care provider do to make it easier for young people with ADHD to attend appointments and get the help they need when they need it? (Prompts: any proactive management strategies, such as regular reviews, transition support appointments, provision of information)

5. Support for primary care providers working with young people with ADHD

- a. What are the current challenges you face in providing care and support to young people with ADHD?
- b. Is there anything that your service could do to make it easier for you to provide care and support? What changes could be made to help you and your team/service to provide better care? (Prompts: financial incentives, training, staffing, information resources, decision making tools, care pathways, technology, digital resources)
- c. What can a primary care provider do to make it easier for young people with ADHD to attend appointments and get the help they need?

6. Information and resources

- a. What kinds of information, resources or support do you need as a primary care provider to help you or your service?
 - i. Recognise possible ADHD symptoms
 - ii. Make appropriate referrals
 - iii. Prescribe through shared care
 - iv. Support YP through transition
 - v. Provide appropriate advice to patients in relation to self-management
 - vi. Signpost patients to high quality and evidence-based resources to help them
 1. Self-manage and understand living with adult ADHD.
 2. Access appropriate healthcare for ADHD.
 3. Access healthcare for wider physical and mental health needs

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(Prompts: consider care pathways, contact details, resources on living with ADHD as an adult, transitioning with ADHD, signposting to local agencies)

7. Nationally available sources of healthcare, support, and information for self-management of ADHD

- a. What resources are you aware of? (Prompts: online, organisations, NHS website, social media, YouTube, friends, family) Do you ever signpost YP to them?
- b. If a selection of high-quality resources were available nationally, what would be most useful for your role? (e.g., information resources on NHS website, video stories, clinical decision-making tools, apps)

8. Learning from resources for treating other long-term conditions in primary care

- a. Are there any tools or resources available to you for other conditions (e.g., clinical decision apps) that could be adapted to support clinicians providing support to a young person with ADHD? Or for young people themselves to use?
- b. If so, please can you describe?

9. Feedback on information resource examples

- a. What is your preferred method for gaining information about treatment and support for adult ADHD? (Researcher to share examples and seek feedback)

10. Reflection/Close

- a. If you spoke to someone in primary care providing healthcare for a young adult with ADHD, what advice would you give to them:
 - i. about making sure YP with ADHD get the treatment and support they need?
 - ii. about useful resources for YP?
 - iii. about questions to ask a young person, and the best ways of listening?
- b. If you spoke to a young person with ADHD who needed to access healthcare for their ADHD through their primary care provider, what advice would you give to them:
 - iv. about medication?
 - v. about who to talk to in the practice?
 - vi. what to say to their GP, and which questions to ask?