

Managing young people with ADHD in primary care (MAP) study v1.0
WP2 Topic guide – Young people and parents/carers



Interview Topic Guide – WP2 (Young people and parents/carers)

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 accessing services and support for ADHD through a primary care provider (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 access 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., young person (YP) with ADHD or parent/carer)
2. **What other roles also describe you?** (e.g., also, a health worker, student)
3. **What is your age (or the age of the YP if you are a parent/carer)?**
4. **What is your geographic location?** (e.g., postcode of your workplace, address, or postcode of local GP practice)

Research topic guides

1. Current healthcare context

- a. What are your experiences of accessing healthcare for ADHD? (Prompts: cover GP, specialist services, CAMHS, AMHS, psychological therapies)
- b. Do you (or does your child) have any co-existing mental health problems? If so, what are your experiences of accessing care for these?
- c. Do you (or does your child) have any co-existing physical health problems? If so, what are your experiences of accessing care for these?

2. Accessing care and support for ADHD through primary care

- a. Please tell us about your experiences of accessing (or trying to access) care for ADHD via your local primary care practice. (Prompts: prescriptions, diagnosis, referral, mental health support, physical health support, transition).
- b. What are your expectations and needs from a consultation, or other support in primary care in relation to your ADHD?
- c. What role does your parent/carer have in helping you to access care and support? (Or what role do you have as a parent/carer, and what role does the young person take)

3. Accessing care and support for wider mental and physical health through primary care when you have ADHD

- a. Is there anyone at your local practice with a special interest in ADHD or mental health that you can talk to if you need psychological support? (If so, what are your experiences in relation to this?)
- b. Have you had a chance to discuss your mental health more widely with your primary care provider?

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- c. Have you had a chance to discuss your physical health more widely with your primary care provider?
- d. Are you aware of any health risks faced by people with ADHD? If so, have you had a chance to discuss these with your primary care provider? (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 for accessing primary care support when you have ADHD

- a. What have your experiences been trying to get an appointment with your GP?
- b. Is there anything about your ADHD that makes it harder to access care and support through your GP? What would make it easier for you to access care? (Prompts: physical location, online/face-to-face, appointment reminders)
- c. What can your primary care provider do to make it easier for you to attend an appointment and get the help you need?

5. Information and resources needed to help with management and self-management of ADHD

- a. What kinds of information and resources do you need from your primary care provider? (Prompts: about care pathways, contact details, living with ADHD as an adult, transitioning with ADHD, resources, signposting to local agencies). To help you:
 - i. Recognise possible ADHD symptoms
 - ii. Get a referral to a specialist service
 - iii. Get your prescriptions
 - iv. Have the support you need through transition
- b. And more generally...
 - i. Manage and understand living with adult ADHD.
 - ii. Access the healthcare you need for your ADHD.
 - iii. Understand and access physical and mental healthcare support that is not directly related to your ADHD

(Prompts: videos, visual diagrams, website links, signposting to services, meetings, people, resources on living with ADHD as an adult, transitioning with ADHD)

6. Other sources of healthcare, support, and information for management and self-management of ADHD

- a. What resources have you accessed? (Prompts: online, organisations, NHS website, social media, YouTube, friends, family)
 - i. Can you provide positive and negative examples of your experience of accessing support through these other methods?
 - ii. Is there anything that primary care providers could learn from your experiences with these other resources?

7. 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)

8. 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?

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- 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. about what to say to their GP, and which questions to ask?