**Interview Details**

Project Title: Parents Experiences of their Child Receiving an ADHD Diagnosis in England

Interview date, time, location: 19/04/2023, 06:30-07:30pm, video (Microsoft Teams)

Interviewer: KT (“I”)

Interviewee: Participant 5 (“P5”)

THE BEGINNING OF THE INTERVIEW FOCUSES ON DEMOGRAPHIC INFORMATION AND FAMILY CONTEXT. IN ORDER TO PROTECT PARTICIPANT IDENTITY AND IN LINE WITH REGULATION AROUND DATA PROTECTION, THIS SECTION HAS BEEN WITHHELD PRIOR TO DEPOSITING THIS DOCTORAL THESIS DATA INTO THE UNIVERSITY REPOSITORY.

I: Okay. Ohh that's really helpful to understand your family and your situation a little bit better. So thank you for sharing all of that. Now my first question is can you tell me how it was for you when he first got the ADHD diagnosis? What did you feel?

P5: Sorry, I didn’t hear everything?

I: So what did you feel when your son first got his ADHD diagnosis?

P5: Ohh.

I feel bad as a parent.

I: You felt bad as a parent? Oh…

P5: Yeah, very, I've never experienced…

You know as a family, this has been a challenge… so I feel bad. Why would I be in this group, for me to have someone with similar condition as my sibling?

So really, I really felt bad in that moment.

I; Hmm.

P5: But it’s not about me, I have to deal with it and get all the right help and people involved. So I have to accept it and move on with life as far as life is concerned.

I: Yeah. What was going through your mind when they confirmed that he's got ADHD, what were you thinking?

P5: For me, since I found out…

Confirmed the disorder but I was in a bit of denial in that moment. I feel bad, but at certain points I tried to relax on myself by not having multiple anxieties overtake, so I try to comfort myself and also to comfort my partner in order for me to be strong and support my family and also for me to think of how we are going to tackle the issue and make him feel more happy.

I: Hmm, that's really helpful to know. And were you given information about ADHD and did you understand the information that you were given?

P5: At first I didn't quite understand the information.

But with time I try to consult the GP where he tried to explain more of the information to me and he tried to give me some words of encouragement where we share with him and also he tried to educate me more about the symptoms, the disorder and how should I be behaving. So I really feel bad as such early on, but I try to let everything go.

I: Yeah, that makes sense. And did you know much about ADHD before he got diagnosed or not really?

P5: Yeah, I was fully aware about it before he got to his diagnosis, but I don't have any experience about it because I only came across it when I was with my siblings and young child.

I: Hmm.

P5: … so I decided not to overthink, and at that moment I don't have more experience about it. But coming to my own where I know my child has been diagnosed with it and I try to get more knowledge about it and also to get more research about it for me to learn more about it.

I: Yeah, that makes sense.

And how was the assessment process for you?

P5: Well.

Assessment process was not quite easy. It was done by his mother mostly.

I: Yeah.

P5: So his mother was in charge, which is my partner, so she tried to go ahead with him to the hospital. Clinic?

I: Hmm.

P5: That fell on all the consultants and the GP earlier, as the case may be that when they thought he has it, it caught their attention… and they explain a little about it before she passed the information, mum did, to me for proper assessment. Where have we all visit the GP for more consultations since then and for more information to be given up… and when would we know if he has it, not sure who and when will be decided. We didn’t know. And school didn’t help.

We thought “what are vital things for him to do or what are the treatments behind needed for us to just move ahead with the treatment, or that to have more relief for my child?”

I decide to withdraw him from school from now, so… The plan is for me and my partner to help him. They (school) say “Oooh, there’s nothing wrong with him”, they don’t listen to me when I say he is struggling, he cannot understand. So when he got diagnosed I said “that’s it, I’m taking him out”. They were wrong

I: Hmm, that makes sense. Very difficult decision for you.

And how the in terms of the assessment process, how long was it for you? Did you have many appointments or not so many what was that like?

P5: Well.

Not quite long the actual appointments because I believe everyone saw him in just a month. So I will say it is a long appointment because everything does end within a month. So I won't say that it's a long assessment process apart from the waiting.

I: Um and um, did you think that the people that assessed your son, that they really understood him when they were meeting with him and when they were hearing about what's been going on?

P5: Ohh yeah, that's why they got more from him because I said that I also interact with him.

So from him I decide to get some of this information from him. So I have to get information along with them to continue with their assessments programme and for them to have what they needed.

Also for them, to continue with what they need and when they were meeting with my son. I was there for a lot of it, I think they understood him.

I: Yeah. And since getting the ADHD diagnosis, um, has anything changed for your son or for you?

P5: Well, I…

So many things have changed. You have so many changes.

Because at that moment, I think some of his behaviour was challenging. We have to try to get more in touch with him and also trying to get more closer to him. It was hard.

In order for me to try to put more effort or learning in order for him to adapt too.

Also for him to have more or more of understanding towards some other activities that may he may try to with learning, he had a bad time in school so learning was hard.

I: Yeah. So it sounds like it's impacted on your parenting.

P5: Yeah.

I; Am I getting it right? Yeah. Tell me a bit more about how you have changed. As a parent.

P5: We...

When we are thinking about me, I think I try to come a long way trying to share my thoughts and how I talk with him… and also trying to work on our parental care because we believe at this point in his life he did really need more attention and also he needed more guidance cause everything that he was doing is against his wish. It hard for us.

At this moment he is totally down and he needed someone to guide him and also to put in, communicate, on the right channel… and not for me to try and force always but to find a new way… Because of his condition. We’ve helped him.

I; Yeah, I guess that's difficult, isn't it? So you've had to give him more attention potentially because it sounds like... He's just struggled well, he's out of school now as well.

P5: That’s right. Still out.

Yeah.

I; Yeah. So that's really, um, difficult and is there, would you say there's been any positives about getting a diagnosis or negatives?

P5: Ohh, the negative was waiting for assessment.

And because I initially feel bad.

I: OK.

P5: And I know.

I and my partner really feel bad for that and I think we really go through a little depression at some moment in life.

But we didn't keep too long. We'll try to move past the 1st challenge and also try to overcome this particular obstacles in our life. It will get better.

Because as parents, we would love to see this child with his condition better, will try to make life not so hard for us, but we try to bring the life together in a way that we can manage.

Give him the best what we can offer and also trying to help the younger siblings, in one way or the other.

I: Hmm yeah. And is there any recommendations to services that do these assessments about how they could do it better?

Could you recommend how they could make it better for families?

P5: Just.

Ohh.

I think any family or anyone going for assessment of this particular condition should not relax early on and… or should not be carried away by depression, but rather for you to visit a clinic or someone medical professional.

I; Hmm.

P5: Hospital consultants help with further treatment and check-ups.

I: Hmm. Yeah. Do you feel like you're not getting the follow up treatments now that you were hoping for or am I getting confused?

P5: No, no, I will say it's I'm not getting the proper treatment as of now. But I think that we or they're giving out their best.

We are trying medications and parenting so it’s fine.

But my recommendation...

She put me on parenting and tried to link me up with groups before the treatment… somewhere else for me to try another strategy.

I'll be able to get more information about it from there as well. So it has been proper further treatment.

I: Hmm. OK, that makes sense. Have you got any other thoughts or questions or is there anything that I haven't asked you that you think is important to share about this topic?

P5: Well, it's very quite important. I believe you're on your PhD programme… It's a privilege for me to share.

A well deserved time with you.

To tell something particular to my heart, about the status of my child's health and how hard it has been for us.

I: Hmm.

P5: Talk about my family issues…

Well, it's hopefully I believe this interview should be meant openly for anyone.

As a researcher, you need to get more information on this particular health condition of our childhood, of our children and I should not speak on my behalf, but for anyone who found this challenge in their life, they should get more information on how to manage and to get the treatment… and overcome some obstacles that make sure that they progress as a family.

I: And you know how you were telling me earlier that when you got the diagnosis for your son, it made you feel really bad right at first?

And some of that was to do with knowing that there's gonna be struggles.

But I'm wondering if you can tell me a little bit more about why it made you feel bad.

P5: Oh… No parents love to see his or her son in this particular condition.

So I believe if there's any form of abnormality in any child and their health, as parent you don’t have peace of mind. Or his parent have no joy whenever they come across the child because they believe they are trying their best to give the child the best um at this moment nothing is really working hard for them, so they really feel bad.

I: So when you got the diagnosis, did you think about your parenting up until that point, or did you only start to think about your parenting after you got the diagnosis?

P5: No. When we first met with doctors we tried to discuss these things.

Where they try to come along and notice what else little could change. So they try to consult me.

I'm trying to adapt my parenting.

I know that nothing will happen to him now. It’s just matter of care and understanding, and we have to come down to his level of understanding and to really make him know… that he is still important to our family system

I: Yeah, that makes sense. Thank you so much, XX. I really appreciate it. And I will stop the recording. I haven't got any more questions unless you wanted to share anything else?

I will stop the recording. Right, hold on. Just one moment.