**Interview Details**

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

Interview date, time, location: 19/04/2023, 05:30-06:00pm, video (Microsoft Teams)

Interviewer: KT (“I”)

Interviewee: Participant 6 (“P6”)

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: So in terms of my first sort of question about this is, what was it like when your child first got the ADHD diagnosis? What was it like for you?

P6: Um, well, it is really an overwhelming experience.

Because I think I feel now that made me even more like made me feel like I have more heightened level of responsibility… Than just having you know… normal child.

You know.

The feeling of, you know, being more overly responsible now you have more like… Ohh.

And a high expectation…

I: Yeah.

P6: As a parent.

I: Yeah. So you felt like the expectations of you as a dad became bigger and higher?

P6: Yeah.

I: And can you tell me a bit about how you felt emotionally when your son got the diagnosis?

P6: Ohh well I felt quiet I think. Ohh I didn't feel quite indifferent. I just I just was able to… Manage and understand the diagnosis. I think that was the first thing that I really was after, you know, understand, diagnosis and how to manage.

And though I felt pressured cause I didn't know what's expected and…

I know it's important. After all the diagnosis.

I: Hmm. And what were some of your initial thoughts when you got it apart from feeling a bit under pressure?

P6: Well, I I think because of the first, these are my initial thoughts, then I you know, I started to really think about you know, my child himself and then. Just think about our life with XXX and especially with the news of his diagnosis and you know that … “what's going to happen to me” and “visit the things that he needs” started coming to mind and then how it's going to be able to, you know, to progress and live as normal child.

Hmm.

I: Hmm. So some worries, I guess you had.

P6: Yeah.

I: Tell me a bit more about the things you worried about.

P6: So I worried about healthcare and then…

I have worried about how well is going to adapt to our world, is she going to be able to live normal life adapting to diagnosis.

And then I also worried about… Um…

I think basically I was more worried about what life was going to look for him and then what will go, the kind of roles and responsibilities that had to play a part. And you know, I wanted to make sure I was worried if I was capable, that was going to be capable, you know.

I: Hmm, so you worried about your…? Your skills as a parent. Whether you'll be able to cope and to deliver what he he sort of needs.

P6: Yes, yes, yes.

I: Yeah. Tell me about a little bit more about the worries. Those worries about your parenting and you as a parent.

P6: Okay so because of the nature of my job, and especially being a single parent, I think all your efforts have to double. I felt under a lot of pressure, and he wasn’t listening or doing anything he was meant to. God, it got me frustrated you know... Um… And I started seeing it all the time when he’s doing something so I’d try and intervene more, and then arguments and so on. It was hard for some time.

And now with the information on this diagnosis, and you cannot the kind of… control, I felt like I was going to for treating them with something, you know, and I wanted to make sure that he got the appropriate care for my child.

Those are the times when I worried about his healthcare. How would I be able to fit into the healthcare plan?

I: Hmm. OK. And to what extent, XXX, did you understand the information that you were given about his ADHD diagnosis in that appointment.

P6: Yeah, I think that I would spend quite a lot of time trying to understand that diagnosis. And I think I would say too very good extent.

I: OK. Did you know much about ADHD before this?

P6: Ohh no no.

I: Okay so that must have been hard for you.

P6: Yeah. Yeah. So I really, I really wanted to understand all things, I wanted to understand all. Dual diagnosis. Everything about the condition and our world to manage.

I: Hmm. And do you feel that?

Ohh sorry. Go go ahead.

P6: I was paying attention during doing that.

I: Yeah. So you paid attention during that appointment. How did you find the explanations that you were given? Were they easy to understand or were they not? How was that?

P6: Well, yeah, I think the… Professional was quite helpful in trying to help me to understand diagnosis to the tiny bits and then I think it was… That was quite helpful.

I: OK. And… Has anything changed since he got the diagnosis?

P6: I think a lot has changed in that.

And also I think more has also changed.

I thought I was also caused some changes in him too. What has changed in me is my approach to parenting.

I think that is changed and think cause I understand the diagnosis now. I mean so to be able to change the approach.

So maybe now… no more strict and no to uptight or… instructions. What I do is allow him to understand the necessities for doing things and our things should be done the way they are and in as much as possible. I try not to. I try to avoid and argument or more like a kind of confrontation.

I have to listen and understand, and I also try to understand him. I'm I've been able to understand his mood. His mood, this behaviour better now so and I am well equipped to deal with it.

I: What did you think about the assessment process as a whole?

P6: Yeah. So I felt the assessment process was engaging, even though I really don't like that it took a lot of time to, you know.

You know, spending time in the hospital and all. I was going to the groups and worked on the assessment, even though it feels really like a long one I think.

The assessment was quite a fair. I was lost at times but that was used to, I was able to get through.

I: Yeah. Um, and how many appointments did you have to have all in all, do you know?

P6: Yeah, we have 3 appointments.

I: Yeah, okay um and um, what was some of them in person or were they online or a mixture? What was? What was it? What did it look like?

P6: There's a mixture. Um, uh a mixture because.

Ohh, the woman where they talk to him …is actually a face to face meeting and then the subsequent appointment, were online appointments.

I: OK. Yeah, that makes sense and how has getting the ADHD diagnosis made a difference for him? I know that you've changed your parenting as you told me earlier.

Has anything been different? Has it been different for him in anyway?

Yeah, I think what is cause the difference is because.

So because I'm able to, I'll probably understand… The diagnosis and condition there.

And that has also helped me to be able to deal with him better. And I think that has also helped him so to manage himself better. So I think that's been different I think I'll cooperative and then tries to, you know, understand, maybe because of the fact that I'm using a very different approach now. It's more.

Ohh I know trying to be hard to retake your parent at this point cause the exact turn trying to more like have a friendship and you know build trust and and you know.

I: Hmm. And were there any challenges in getting a diagnosis for him?

P6: Ohh.

All the challenges is actually booking appointment because of schedules and availability. So I think we spent a couple of weeks I think more than two weeks trying to get appointment fixed. That was challenge.

I: Hmm. OK, um. And are there any negatives of getting an ADHD diagnosis for your son?

P6: Ohh well for me there’s been no negatives. I think it's been positive because that's really what it's helped me too far to be able to parent.

I: Hmm. And how do you feel about it now about his diagnosis now?

P6: Ohh well I I think I have well developed adaptability to it and. I am well used to the diagnosis and.

It's. Yeah, I've gotten used to it. Really.

I: Hmm, tell me a bit more about you getting used to the diagnosis. Tell me about what, what that was like for you.

P6: Yeah. So yeah, I think I'm that was me changing my whole phases of training and then that was… That was me also trying to… Be…Very supportive to my child with that diagnosis and you know, understand it there.

Without diagnosis, I think I go to understand the situation and then I did my part in you know, in adapting to it and that way I got used to it. And then there's change to the whole way that, that, that are, you know, better parent.

I: Hmm. And could you recommend anything to the services to improve the way that they do the assessments in communicate the outcome?

P6: Ohh so I think if there's something that I would really recommend is.

The pressure of receiving an outcome of an assessment sometimes could be overbearing, and I feel like I'm constant communication of… The assessment of the reasons for the assessment and progress and you know what the assessments to achieve is there. They just communicating the outcome so you don't just come and say, hey, this is all we did and this is how we got to this point and now he’s got it.

I: Okay.

P6: Those receiving the diagnosis to help them prepare well… they should listen and take time to come back with questions.

I: Yeah, Okay, how could they have supported you better, do you think?

P6: So I think the first challenge that I had was really the pressure of waiting for the outcome and really not understanding or process of assessment.

I: That's really tricky, isn't it? How could they communicate better, do you think?

P6: Well, different communication channels, but then the more direct communication probably more like an online appointment where you get to be told and give an update on the assessment and then yeah.

I: Yeah.

That makes sense. Um, XXX.

Is there anything that I haven't asked you that you think is important to share about your experience as a parent of a child that got diagnosed.

P6: Ohh.

Well.

OK, I don't... Nothing comes to mind at the moment.

I: Okay. Yeah. And I am wondering, I'm just thinking about what you said? You know, when you were saying you felt under pressure initially when you got the diagnosis?

P6: Yeah.

I: Tell me. Tell me a little bit more about why you felt under pressure. What was happening in your mind? What were you thinking?

P6: In my mind was that was me thinking about the possibilities of what could be the reason for and what would be the outcome of the diagnosis. I didn't have any other view for you.

So I yeah, I didn't have any good clear view of all things about ADHD. That's pressure.

I: So I guess you will really confused about it all. You didn't know much about ADHD before you were confused about what the outcome might be. So it was causing you to doubt yourself as a parent.

P6: Yeah, yeah, yeah. I was confused about the outcome. I was confused about what would be required of me. And then if I will, if I would be able to, you know, to do what I had to do to help him? He was having trouble and I didn’t know how to manage it.

I: Yeah. And how's the diagnosis made any difference for him at school at all? I know that he's in school.

How's it made a difference there?

P6: Ohh well yeah, I think with the diagnosis we were able to communicate with this teachers and then they were able to think about how to help him and support him in the school.

So that they understand the behaviours.

I: Okay. Well, that's really helpful, XXX. Thank you so much for joining me today. Is there anything else that you'd like to add?

P6: Yeah, I think that's it. Nothing more. That's mine.

I: Lovely. Let me stop the recording and I will explain to you and what happens next.