

## Instructions for patients and caregivers

QbCheck is an FDA cleared and CE marked online ADHD test that supports early identification, assessment and treatment of ADHD. It is a computer-based test that objectively measures the core signs of ADHD: Hyperactivity, Impulsivity and Inattention. During the test, a spacebar is used to respond to targets and motor activity is registered by a web camera. No images are captured during the test.

Please note that it is important that you, as a patient, create a “clinic like” environment at home. This should be free of distractions, and in an environment where you can perform the test to the best of your abilities. Please follow the following instructions to begin testing. If you run into technical difficulty, please contact the clinic immediately and note the specific error message you are receiving.

1. Perform the test as soon as possible, preferably in the morning or as instructed by your provider.
2. Use a computer with a built-in camera. If using a laptop, please make sure that the power cord is connected and that the high-performance power scheme is selected. Please note that no smartphones or tablets can be used in the performance of this test including Microsoft Surface, or Apple iPad.
3. Ensure that all programs on the computer are closed.
4. Open a Google Chrome web browser, QbCheck is not supported by other browsers such as Safari or Internet Explorer.
5. Go to the following address: <https://www.qbcheck.com>
6. Select the region that has your preferred language.
7. Select the red button “Start Test” positioned on the left side of the image of a laptop.
8. Enter the voucher code provided by your healthcare contact. This is case sensitive, so it is recommended you copy and paste the voucher from the provider’s email.
9. Follow the instructions on the screen preceding the test.
10. The test starts with a self-rating scale describing symptoms. Please complete this form yourself if you are over 18 years old. For individuals below 18, the parent/ legal guardian should complete the form.
11. You will then perform the actual test. Please try to stay focused throughout the whole test and visible for the web camera. If a significant distraction occurs during the test, please make sure to inform your healthcare provider.
12. If the test taker is below 18, the parent/legal guardian should observe the test taker during the test and, if needed, prompt the test taker to complete the test.
13. The entire procedure is estimated to take no more than 1 hour. The test itself is 15-20 minutes long depending on the test-takers age.
14. After test completion, your test results will not be made available to you, but they will be reviewed by your healthcare contact.

**Thank you!**