

# ADHD TUE Policy: FAQs

## Introduction

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UK Anti-Doping (UKAD) has published a Therapeutic Use Exemption (TUE) policy which outlines the medication evidence required to support TUE requests to use stimulant medication to treat attention deficit hyperactivity disorder (ADHD). This frequently asked questions document has been developed in support of the publication of the [Policy](#).

## Frequently Asked Questions

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**Q: My diagnosis of ADHD following the performance of a diagnostic schedule was several years ago and I'm unable to retrieve a copy of these records. What should I do?**

A: Please contact the clinic where the diagnosis was made as it is likely that these records have been stored. In the event that you are still unable to retrieve these records, the UKAD TUE Committee may request that an updated diagnostic schedule is performed to support your TUE application or TUE renewal.

**Q: I have already attended my annual review appointment, but the review letter does not meet the new requirements for renewing my TUE. What should I do?**

A: Please submit a completed ADHD TUE application form alongside a copy of your most recent specialist review letter. The UKAD TUE Committee will assess your renewal application and will be able to confirm which additional medical evidence is required to grant a long-term TUE. A short-term TUE may be able to be granted whilst you obtain any missing medical evidence.

**Q: I'm no longer under the care of a specialist and my GP prescribes my ADHD medication. What should I do?**

A: Please contact UKAD if you are experiencing difficulties in obtaining a specialist review as we may be able to assist by providing you with a list of psychiatrists who you could approach.

**Q: What is the process for accessing a psychiatrist on the UKAD Register?**

A: UKAD will be able to provide you with the contact details of a psychiatrist who is able to offer a review session within a short period of time. The costs incurred for such a review are the responsibility of the applicant.

**Q: Version 2 of UKAD's ADHD Policy was introduced in March 2020. What changes have been made to the new version of the policy?**

A: DIVA-5 has been included as a new diagnostic schedule as it will replace DIVA 2.0 in clinical practice. As a result, the DIVA 2.0 diagnostic schedule will no longer be accepted as clinical evidence in support of applications if performed after 31 December 2020.

UKAD will accept ACE and Young DIVA-5 as suitable diagnostic schedules to support applications made by adolescents. These have been identified to provide additional options to clinicians as the adult based diagnostic schedules we accept (ACE+, CAADID, DIVA 2.0, or DIVA-5) in some circumstances might be deemed inappropriate for adolescents. However, once an athlete turns 18 years old, they will need to submit one of the accepted clinician-rated diagnostic schedules for adults with their next application.

For renewal TUE applications, UKAD will accept psychiatric annual review letters submitted by Nurse Consultants who specialise in the treatment and monitoring of ADHD. Reference to this speciality group has been introduced to reflect the role of Nurse Consultants within ADHD Clinics in the NHS.

**Q: My diagnosis of ADHD was confirmed using a DIVA 2.0 diagnostic schedule. Do I need to get a DIVA-5 performed, as stated in the 2020 version of the policy, to re-confirm my diagnosis?**

A: UKAD will accept a DIVA 2.0 diagnostic schedule as diagnostic evidence if performed before 01 January 2021. If you have a new diagnosis which has been confirmed after this date, UKAD will only accept ACE+, CAADID, or DIVA-5 diagnostic schedules.

**Q: Version 3 of UKAD's ADHD Policy was introduced in April 2023. What changes have been made to the new version of the policy?**

A: Conners 3-P has been included as a new diagnostic schedule to support applications made by adolescents. This has been identified as an alternative robust, detailed, and integrated diagnostic schedule used in the diagnosis of ADHD for adolescents. NB. Once an athlete turns 18 years old, they will need to submit one of the accepted clinician-rated diagnostic schedules for adults with their next application.

For both first-time and renewal TUE applications, UKAD will accept psychiatric assessments performed by clinical psychologists who specialise in the treatment and monitoring of ADHD. Reference to this speciality group has been introduced to reflect the role of clinical psychologists within ADHD Clinics in the NHS.