



VIVAMUS

A Comprehensive Approach  
to Assessments for  
Adults

# Testimonials

“Having read the assessment report, I was blown away at how extensive and in-depth it was, especially the ‘Recommendations’ section. I felt as though I was able to fully grasp my situation and your suggestions gave me the motivation to change things for the better...  
Thank you for your help and I appreciate you completing the report so early”

Anon

“I want to thank you from the bottom of my heart for helping me during our sessions together. Not only did you listen to me patiently and reassure me of my situation, you also took the time to answer all my questions and clear my doubts in regards to ADHD...”

It was wonderful talking to you; your optimism and cheeriness really helped me feel calm and comfortable during the assessment. At one point, my nervousness had dissipated and I felt as though a great weight was lifted off of my chest.”

Anon

## Overview of Assessments for Adults

### What is an assessment and why might I need one?

An assessment is a structured and comprehensive process designed to evaluate specific aspects of an individual's functioning. The term “assessment” in this context typically refers to a cognitive assessment (e.g. an IQ test), a developmental assessment (e.g. an ADHD assessment) and/or a neuropsychological assessment (e.g. to explore specific aspects of functioning such as memory or ability to plan). The type of assessment you need depends on the challenges and strengths you display and your psychologist will guide you as to what is needed.

If you are considering an assessment, it may be because you, someone close to you or a healthcare professional believe that your challenges or strengths could be better understood through a formal assessment. The insights gained can lead to a clearer picture of your needs and help guide strategies to support your personal, professional, and relational goals.

### What is the outcome of an assessment?

Our comprehensive assessments not only determine whether you meet specific diagnostic criteria (e.g., ADHD, Autism, Dyslexia) but also provide actionable, tailored recommendations. The report we provide is a detailed roadmap, outlining practical strategies for intervention at home, at work and in relationships. You will benefit from a detailed understanding of your strengths and challenges. Recommendations are practical and designed to guide interventions, therapy, or accommodations in your daily life or workplace.

### Defining features of assessments at Vivamus

At Vivamus, we adhere to **international gold standards** in diagnostic assessments, ensuring that our process is **thorough** and **accurate**. Our team of highly qualified clinical psychologists and clinical neuropsychologists **brings years of specialised experience** to each assessment, using the latest evidence-based assessment tools and adhering to international guidelines (e.g. NICE Guidelines in the UK).

For assessments like Autism (ADOS), **two expert psychologists independently rate the results**, providing an added layer of accuracy and insight.

While this **comprehensive and meticulous process** does take time, it is essential to the quality of the outcomes we provide. Our assessments are tailored and deeply thoughtful, helping to ensure you receive the right support.

## Assessment process overview

### 1. Screening session



The process begins with a screening session, where one of our experienced psychologists (a Clinical Psychologist or Clinical Neuropsychologist) will discuss your challenges and strengths, as well as any relevant background information. Based on this conversation, we will determine which specific assessments are needed. Our fee for the initial screening session is 1020 AED.

### 2. Comprehensive assessment



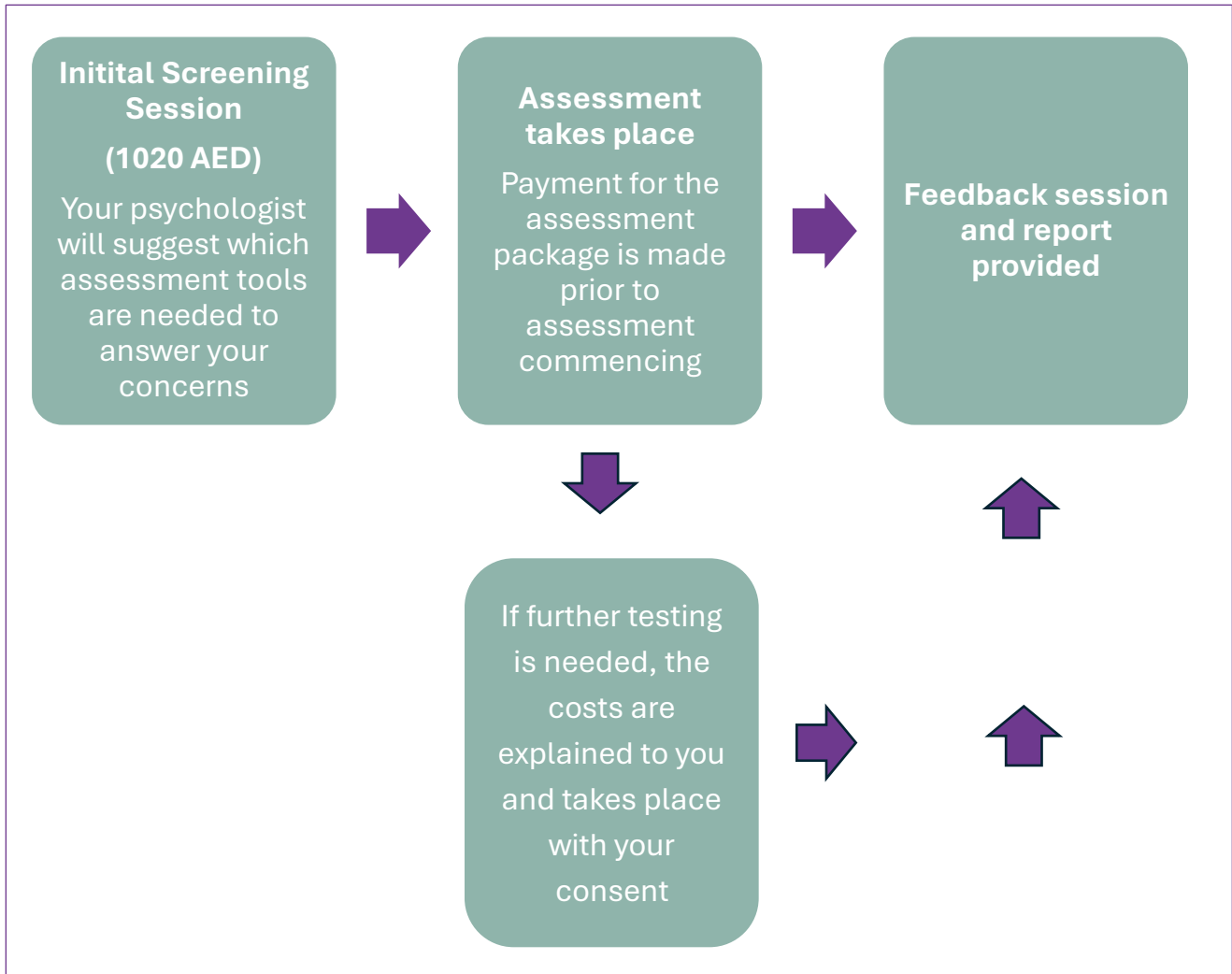
Once we've agreed on the necessary assessment(s), the process moves into a comprehensive phase of data collection and analyses. This includes direct testing, clinical observation and gathering input from multiple sources to ensure a well-rounded assessment. We may liaise with key people in your life such as a parent, a sibling or your partner to gather information about your developmental history and how your needs vary in different environments. Additionally, we carefully review any prior assessment reports to build a complete picture. We analyse all data collected from questionnaires, family input and direct testing to form a comprehensive and tailored report, offering a clear understanding of your needs and guiding next steps.

### 3. Feedback and recommendations



Following the assessment, we provide you with a detailed report and schedule a feedback session. Our psychologist will meet with you to discuss the outcome of the assessment and will share the report with you. Our report includes not only the diagnosis (if applicable) but also tailored recommendations.

## Assessment process overview



## Assessment packages and fees

Assessment Package Required	Fee
ADHD Assessment	6,000 AED
Autism (ADOS) Assessment	7,500 AED
IQ Test / Cognitive Assessment	7,000 AED
Combined ADHD and Autism Assessment	12,500 AED
Neurological Assessment	Determined in screening session

## Additional assessments and services

In some cases, a comprehensive understanding of your needs may require more than one assessment. For example, both an ADHD and a Cognitive Assessment may be necessary to address different concerns. We ensure that our process is flexible and can be adapted to meet your needs. In cases where additional assessments or services are required, we offer them at a reduced rate.

If more than one assessment is needed, the following fees apply to the additional assessment::

Additional Services and Assessments	Fee
ADHD Assessment	5,000 AED
ASD (Autism) Assessment	6,500 AED
Cognitive Assessment	5,000 AED

## Health insurance coverage

Health insurance coverage varies depending on your provider. We operate on a pay-and-claim basis and we suggest you check with your health insurance company whether the assessment is covered and if a referral from a Psychiatrist or other medical professional is required. The screening session is billed as an initial psychology appointment and is often covered, though please do check with your own provider.

## Where will the assessment take place?

The assessment can be conducted online or in person at our clinic in Dubai Healthcare City.

## Booking an assessment

Please contact our reception team to schedule a screening session for an assessment with one of our experienced psychologists. You can reach us via email at [hello@vivamus.me](mailto:hello@vivamus.me) or by phone on 04 4403844.