



TOVA ADHD TEST: HOW IT WORKS & WHAT TO EXPECT



At Paperflower Psychiatry, we are proud to announce that **we now offer TOVA (Test of Variables of Attention)**: another cutting-edge computerized test designed to assess ADHD-related symptoms in children, adolescents, and adults.

While ADHD is primarily diagnosed through clinical interviews, TOVA provides objective data that helps clarify symptoms, especially in cases where anxiety or mood disorders might create diagnostic uncertainty. It doesn't diagnose ADHD on its own, but it offers valuable insights that can support your provider's evaluation.

HOW IS TOVA DIFFERENT FROM QBCHECK?

Paperflower Psychiatry offers another computerized ADHD assessment: QBCheck.

- **QBCheck** tracks hyperactivity, impulsivity, and inattention, measuring both movement and response control. It provides visual feedback on motor activity, which can be helpful for patients who exhibit hyperactive symptoms.
- **TOVA** is a continuous performance test that focuses on attention, impulsivity, and response time using either visual or auditory cues. It's particularly useful when looking for clear patterns of inattention or impulsivity over time.

Both tests are valuable tools, and your provider can help determine which one is the best fit based on your symptoms and needs.



WHAT IS TOVA?

TOVA is a computer-based performance test that measures attention, impulsivity, and response time in a structured, distraction-free environment. It provides real-time data to help providers assess ADHD symptoms with objective measurements.

- Duration: 10–21 minutes, depending on age
- Non-invasive: No recording, no stored data—just simple, science-backed testing

Best for: Patients who need clear, structured attention assessments

HOW DOES IT WORK?

1. Schedule your test at one of our locations.
2. A support team member will guide you through the process.
3. You'll respond to visual or auditory cues on a computer screen while your reaction times and accuracy are tracked.
4. After the test, your provider will review the results with you to determine the next steps.



WHY TAKE IT?

TOVA can provide **objective data to supplement clinical impressions**, which is especially helpful if:

- ✓ You're unsure whether to start ADHD medication.
- ✓ You want additional data before making treatment decisions
- ✓ You need documentation for school or work accommodations.

WHERE CAN YOU TAKE IT?

NORTH PHOENIX

16601 N 40th St, Suite 216
Phoenix, AZ 85032
(Shared with Phoenix Therapist Hub)

TEMPE

401 W Baseline Rd #108
Tempe, AZ 85283
(Shared with Find Your Shine)

FLAGSTAFF

408 N. Kendrick St. Ste #4
Flagstaff, AZ 86001
(Shared with Flagstaff Counseling)

TUCSON

1760 E River Rd, Suite 250
Tucson, AZ 85718
(Shared with CalmOCD)

Cost: \$150 per test *(appointment required)*

HOW DO I SIGN UP?

Email support@paperflowerpsychiatry.com to schedule your test. You can also ask your provider for more information.

Q&A SECTION

Does the test diagnose ADHD?

No, but it provides objective data that can help your provider assess attention and impulse control.

Can parents stay in the room while their child is taking the test?

Parents are asked to wait outside to prevent distractions but must be available for consent.

Can I wear glasses during the test?

Yes, wearing glasses or contact lenses is fine—just wear them as you normally would.

Do I need to be an established patient to take the test?

No! You can take the test and receive your results via email. However, if you want a full interpretation and treatment plan, you'll need to schedule an evaluation.

Is the test affected by medications?

Yes! If you're already taking ADHD medication, your provider may ask you to take the test both on and off medication to compare results. Be sure to ask ahead of time if any adjustments are needed before your test.

Does TOVA involve audio or visual testing?

There are two versions of TOVA—one for visual attention and one for auditory attention. Your provider will determine which version is most appropriate based on your symptoms.