



## **Do Not Order Unnecessary Autism Diagnostic Observation Schedule (ADOS) Test to Diagnose Autism Spectrum Disorder (ASD)**

The Autism Diagnostic Observation Schedule (ADOS) is a specialized assessment often used to aid in the diagnosis of autism spectrum disorder (ASD). While the ADOS can be a valuable tool, it is not essential for all ASD diagnoses. Requiring the ADOS for every ASD evaluation can lead to unnecessary costs, delays in diagnosis, and limited access to care. A recent study found that the clinical diagnoses of experienced developmental-behavioral pediatricians (index diagnosis) were consistent with diagnoses that incorporated information from the ADOS (reference standard diagnosis) in 90.0% of cases. Clinical psychologists or other clinicians can accurately diagnose ASD without relying on the ADOS in a significant majority of cases. The ADOS may be beneficial in specific situations, such as with older children or clinicians with less experience. However, the overall findings suggest that the ADOS should not be considered a mandatory component of ASD diagnosis.

By streamlining the diagnostic process and reducing reliance on the ADOS, healthcare providers can improve access to timely interventions for children with ASD. Additionally, insurers, early intervention programs, and schools should avoid mandating the ADOS as a prerequisite for receiving services. This approach can help ensure that more children with ASD receive the support they need without unnecessary delays or financial burdens.

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