

Attention-Deficit/Hyperactivity Disorder (ADHD) – Evidence Based Treatment

The following treatment manual is a supplemental resource summarizing current evidence-based best practices for the treatment of ADHD. It is intended as a supplemental resource to the psychoeducational presentation provided today.

Treatment Modality	Description	Targeted Symptoms/Outcomes	Additional Supporting Research
Pharmacotherapy	<p>While there are a wide-variety of medications that can be used for the treatment of ADHD, first-line agents targeting dopamine and/or norepinephrine are typically recommended (Harper & Gentile, 2022)</p> <p>The specific selection of medication will be dependent on various factors such as suitability to the client’s symptoms, careful consideration of co-morbid disorders, and importantly, a client’s receptiveness to taking medication as part of their treatment plan in addition to other considerations (Haskell et al., 2024)</p>	<p>Targeting symptoms that lead to impairments (CADDRA, 2020)</p> <p>Hyperactivity; inattention, mood lability; temper, disorganization; impulsivity (Wender et al. 2006)</p>	Pharmacotherapy is the primary recommended treatment for adults diagnosed with ADHD (Cherkasova et al., 2020; Haskell et al., 2024; Wang et al., 2016)

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Cognitive behavioral therapy (CBT)	CBT considers one's cognition, emotions, and behaviors, and how certain thought patterns can elicit specific behavioral responses (CADDRA, 2020)	Time management (CADDRA, 2020; Harper & Gentile, 2022) Daily functioning (Harper & Gentile, 2022)	CBT is a recognized and accepted treatment for adults with ADHD and targets some of the same areas as medications often used in treatment plans (CADDRA, 2020; Cherkasova et al., 2020; Mongia & Hetchman, 2012)
	As such, CBT interventions may involve: <ul style="list-style-type: none">• Recognition of a situation• Recognition of one's thoughts, feelings and beliefs respective to the situation• Reshaping negative, irrational thoughts, by incorporating more positive and rational thoughts (Harper & Gentile, 2022)	Organizational skills (CADDRA, 2020) ADHD core symptoms (Cherkasova et al., 2020; Mongia & Hetchman, 2012; Wang et al., 2016) Targets problem-solving; anger management; stress management; emotional regulation; impulse control, emotional management; self-esteem; coping strategies (Mongia & Hetchman, 2012) Cognitive functioning; improved executive functioning – motor and organization (Wang et al., 2016)	12-sessions of CBT demonstrated increases in whole-brain functional connectivity for both the cerebellum and the frontoparietal network (Wang et al., 2016)
Psychoeducation	Psychoeducational resources can provide insight and knowledge about ADHD, including an understanding of its symptomatology and how symptoms may impact one's daily functioning (CADDRA,	Education and empowerment for both individuals with ADHD and family members supporting a loved one with ADHD (CADDRA, 2020)	



2020; Haskell et al., 2024; Wender et al., 2006)

Additionally, these resources can be a resource for families to learn more about a loved one’s diagnosis and how to best support them

Mindfulness Meditation/Training

Mindfulness is a CBT based therapy (CADDRA, 2020)

Mindfulness meditation may involve:

- Orienting one’s attention purposefully to the present moment and
- Approaching one’s experience in the present moment with curiosity, openness and acceptance (Mitchell et al., 2017, p. 1106)

ADHD symptoms including hyperactivity/impulsivity; attention; emotional dysregulation (CADDRA, 2020)

ADHD core symptoms, as well as executive functioning and attentional regulation (Mitchell et al., 2017)

Mindfulness meditation and mindfulness training has been recognized as a treatment modality for ADHD, particularly, as a supplemental modality in combination with other treatment modalities (Mitchell et al., 2017; Smalley et al., 2009)

Neuroimaging research indicates that engaging in mindfulness practices can lead to structural modifications in the amygdala and enhance hippocampal grey matter volume (CADDRA, 2020)

It is important to note that treatment modalities should be individualized to each client’s unique needs and experiences (CADDRA, 2020). Formerly, ADHD treatment has focused primarily on symptom management; however, more recent research also emphasizes

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improvements in daily functioning and overall quality of life and well-being (Arnold et al., 2014; CADDRA, 2020). A combination of medication and psychotherapy, rather than either approach in isolation, is typically recommended and most effective (Arnold et al., 2014; CADDRA, 2020).



References

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