

# Further Resources

## Adult ADHD Screening Questionnaire

- The Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

## Adult ADHD Diagnostic Interviews:

- Brown Attention-Deficit Disorder Scale (BADDS) diagnostic form
- Adult ADHD Clinical Diagnostic Scale (ACDS)
- Conners' Adult ADHD Diagnostic Interview for DSM-IV (CAADID)
- Diagnostic Interview for ADHD in Adults (DIVA 5)

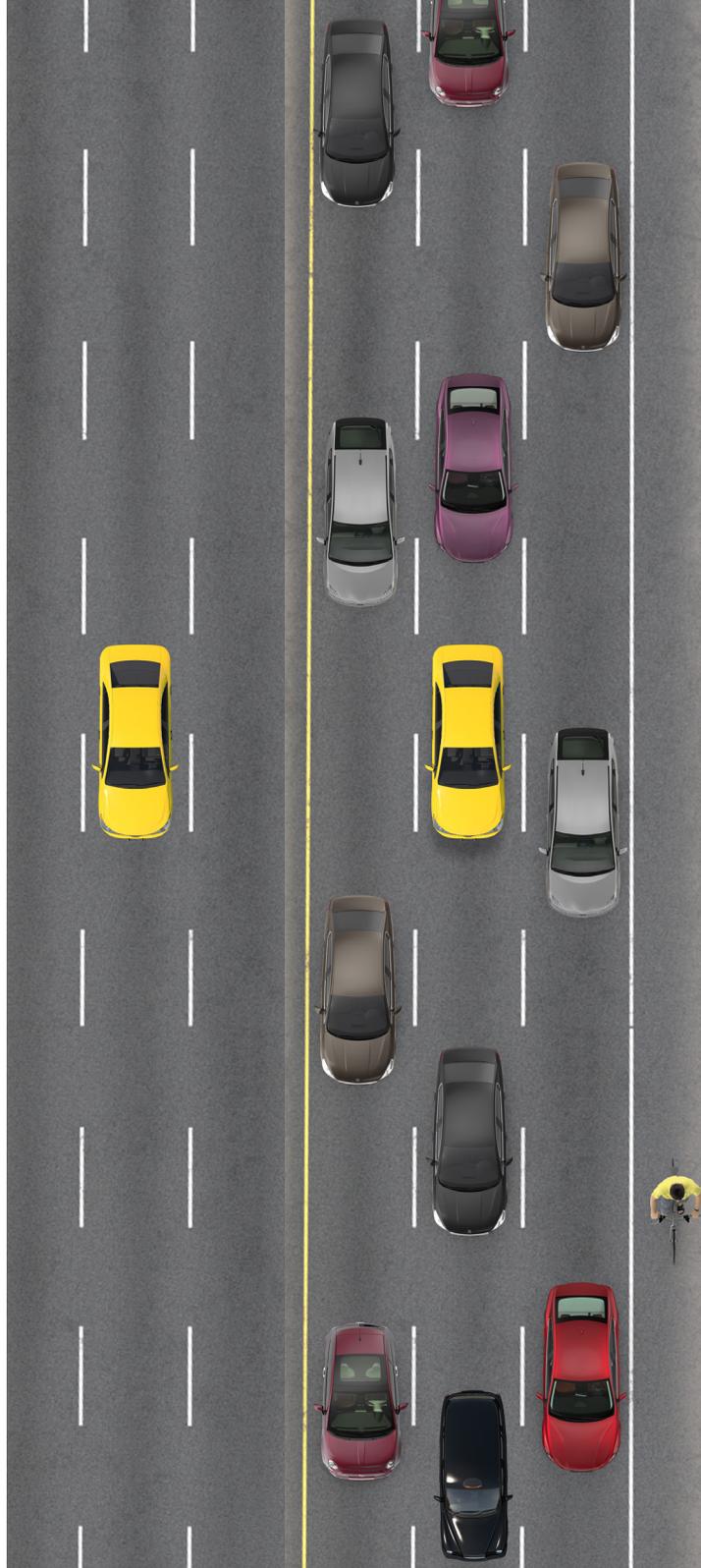
## Organisations:

- UK Adult ADHD Network [www.ukaan.org](http://www.ukaan.org)
- The National Attention Deficit Disorder Information and Support Service [www.addiss.co.uk](http://www.addiss.co.uk)
- Royal College of Psychiatrists <https://www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults>
- National Institute for Health and Clinical Excellence, Attention Deficit Hyperactivity Disorder, NICE guideline (NG 87), March 2018

## References

1. Handbook for attention deficit hyperactivity disorder in adults, UK Adult ADHD Network, 2013
2. Rao, P., Place, M., Prevalence of ADHD in four general adult outpatient clinics in North East England, Progress in Neurology and Psychiatry, 2011
3. Bolea-Alamañac, B., *et al.*, Evidence-based guidelines for the pharmacological management of attention deficit hyperactivity disorder: Update on recommendations from The British Association of Psychopharmacology, J Psychopharmacology, 2014
4. Kooij, J.S.S., *et al.*, European consensus statement on diagnosis and treatment of adult ADHD, BMC Psychiatry, 2010
5. Ginsberg, Y., *et al.*, Underdiagnosis of Attention-Deficit/ Hyperactivity Disorder in Adult Patients: A review of the Literature, Primary Care Companion for CNS Disorders, 2014
6. Kooij, J.S.S., *et al.*, Adult ADHD: Diagnostic Assessment and Treatment. 3rd ed. 2013

*Inspired by an idea from Dr Muhammad Arif,  
Adult Psychiatrist with a special interest in Adult ADHD,  
Leicester, UK.*



How many  
**yellow** cars did  
you see on your  
way to work  
today?

# Despite being a popular car colour in Britain we often don't notice yellow cars.

## Why?

Because we're not looking for them.

### Despite its prevalence adult ADHD is still under recognised:

- Approximately 2.5% of adults in the UK have ADHD<sup>1</sup>
- It's estimated that 22% of outpatients attending UK adult psychiatric clinics have undiagnosed ADHD<sup>2</sup>
- Less than 10% of adults in the UK with ADHD requiring medication are thought to receive treatment<sup>3</sup>

### Despite its impact adult ADHD is still under treated:

- Adults with untreated ADHD experience higher rates of academic failure, low occupational status, increased risk of substance use disorders, accidents and delinquency and have fewer social relationships or friends<sup>4</sup>
- ADHD is an underdiagnosed, undertreated and often comorbid and debilitating condition in adults<sup>5</sup>
- Almost every aspect of adult life can be impacted by ADHD particularly if the condition remains undiagnosed, untreated, or ineffectively treated, potentially with a detrimental effect on psychological well-being and quality of life<sup>5</sup>

# How many 'yellow cars' might be sitting in your clinic?



## Could it be adult ADHD?

- Co-occurring symptoms, syndromes and disorders are the rule rather than the exception in adults with ADHD<sup>1</sup>
- 75% of adults with ADHD have at least one other disorder with a mean of 3 psychiatric comorbidities<sup>4</sup>
- Patients are more likely to be treated for comorbid disorders than for ADHD in adult psychiatric clinics<sup>5</sup>
- General psychiatrists should familiarise themselves with symptoms of ADHD in adults in order to diagnose and manage ADHD and comorbidities in these patients<sup>5</sup>
- The diagnosis of adult ADHD must rely on clinical acumen, and therefore clinical suspicion, if the necessary features are to be exposed<sup>2</sup>

### TO BRIEFLY SCREEN FOR ADHD IN ADULTS, THE FOLLOWING 4 YES/ NO QUESTIONS HAVE BEEN SUGGESTED<sup>6</sup>

1. Do you usually feel restless (E.g. nervous, difficulty sitting still, fidgeting, a lot of exercising or being active)?
2. Do you usually act first and then think (E.g. blurting things out, spending too much money or being impatient)?
3. Do you usually have concentration problems (E.g. being easily distracted, not finishing things, being easily bored, forgetful or chaotic)?

### IF THE ANSWER TO ANY OF THE ABOVE IS 'YES':

4. Have you always had this (as long as you can remember, or have you been like this most of your life)?

### IF THE ANSWER TO QUESTION 4 IS 'YES', CONSIDER FURTHER DIAGNOSTIC ASSESSMENT FOR ADHD

