

## Activity Preview

# Adult ADHD: What Are We All Missing?

### Activity Type

On-Demand

### Overview

ADHD in adults is the persistence of ADHD since childhood. Seven prospective longitudinal studies have demonstrated its persistence in approximately 60% of children. Three decades of international scientific research and recognition by the World Health Organization make evident the validity of this disorder around the world. Unfortunately, most training programs provide little, if any, education for diagnosis and treatment of ADHD in adults. This presentation will focus on the presenting symptoms of the patient, why to consider including screening in your initial evaluation, how to parse out ADHD from other concurrent psychiatric disorders, how to diagnostically prioritize concurrent psychiatric disorders, what ADHD medications are available and how to make choices, and a list of psychotherapeutic approaches to address executive dysfunction and negative self-image. The presentation will also highlight ADHD in adults over the age of 50, a new and emerging recognition of lifelong symptoms.

### Learning Objectives

- 1) Understand prevalence, symptom presentation and diagnostic criteria for ADHD in adults.
- 2) Recognize psychiatric comorbidity presenting with adult ADHD and identify diagnostic prioritization and pharmacologic algorithms for treatment.
- 3) Learn effective psychotherapies for adults with ADHD.

### References

Goodman DW, Mitchell S, Rhodewalt L, Surman CB. Clinical Presentation, Diagnosis and Treatment of Attention-Deficit Hyperactivity Disorder (ADHD) in Older Adults: A Review of the Evidence and its Implications for Clinical Care. *Drugs Aging*. 2016;33(1):27-36. doi:10.1007/s40266-015-0327-0

Goodman DW, Thase ME. Recognizing ADHD in adults with comorbid mood disorders: implications for identification and management. *Postgrad Med*. 2009;121(5):20-30. doi:10.3810/pgm.2009.09.2049

Kessler RC, Adler L, Barkley R, et al. The prevalence and correlates of adult ADHD in the United States: results from the National Comorbidity Survey Replication. *Am J Psychiatry*. 2006;163(4):716-723. doi:10.1176/ajp.2006.163.4.716

Kooij JJS, Bijlenga D, Salerno L, et al. Updated European Consensus Statement on diagnosis and treatment of adult ADHD. *Eur Psychiatry*. 2019;56:14-34. doi:10.1016/j.eurpsy.2018.11.001

## Faculty

**David W. Goodman, MD, DFAPA** is Assistant Professor of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine. He is also Director of the Adult Attention Deficit Disorder Center of Maryland in Lutherville and Director of Suburban Psychiatric Associates, LLC. Dr. Goodman has continued a full-time clinical practice focusing on the diagnosis and treatment of mood disorders, adult Attention Deficit/Hyperactivity Disorder, Anxiety Disorders. He has presented over 600 lectures to primary care physicians, psychiatrists, medical specialists and the general public. His psychiatric commentary has been featured on national and regional television and radio. He has been an ADHD consultant to Major League Baseball and now a consultant to the National Football League. Dr. Goodman has been a Principal Investigator for multi-site Phase II and III drug trials for the treatment of adult Attention Deficit/Hyperactivity Disorder and Major Depression. He is the lead author on the largest adult ADHD trial published and the lead author on the largest survey assessment of physician clinical practice for adults with ADHD. He has published articles in peer-reviewed journals, authored four book chapters and The Black Book of ADHD.

## Disclosure

Dr. Goodman reported the following financial relationships with commercial interests.

Research Grant	None
Consultant	Shire, Teva Pharmaceuticals, Janssen (U.S. and Canada), Sunovion, Thomson Reuters GuidePost Global, Otuska Pharmaceuticals, Ironshore Pharmaceutical, Neos Therapeutics, Rhodes Pharmaceuticals, NLS Pharma, National Football League, Healthequity Corporation, Consumer Reports, Neuroscience Education Institute, American Professional Society for ADHD and Related Disorders.
Honoraria	WebMD, Medscape, American Professional Society of ADHD and Related Disorders, Neuroscience Education Institute, Children and Adults with ADHD Association, Global Academy for Medical Education, Canadian ADHD Resource Association
Stock Ownership	None
Other Financial or Material Support	None

Dr. Goodman will not be discussing unapproved or investigational use of any product.

## Target Audience

This activity is designed for psychiatrists and residents/fellows. Other groups may find this educational activity of interest including: medical students, other non-psychiatrist physicians including primary care, as well as psychologists, nurses, social workers, counselors and other mental health care professionals.

## Estimated Time to Complete

Estimated Duration: 1 hour  
Begin Date: October 5, 2020  
End Date: October 5, 2021

## Continuing Medical Education Credit

This activity has been planned and implemented in accordance with the accreditation and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA) and the Ohio Psychiatric Physicians Association (OPPA). The APA is accredited by the ACCME to provide continuing education for physicians.

The American Psychiatric Association designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## How to Earn Credit

Participants who wish to earn *AMA PRA Category 1 Credit*<sup>™</sup> or a certificate of participation may do so by completing all sections of the course including the evaluation. After evaluating the program, course participants will be provided with an opportunity to claim hours of participation and print an official CME certificate (physicians) or certificate of participation (non-physicians) showing the completion date and hours earned.

## Planner Disclosures

- Karen Jacobs, DO, Cleveland Clinic Foundation  
*Reports no financial relationships with commercial interests.*
- Victoria Kelly, MD, University of Toledo  
*Reports no financial relationships with commercial interests.*
- William Resch, DO, The Ohio State University Medical Center, Columbus  
*Reports no financial relationships with commercial interests.*
- Suzanne Sampang, MD, University of Cincinnati  
*Reports no financial relationships with commercial interests.*
- Janet Shaw, MBA, Ohio Psychiatric Physicians Association, Columbus  
*Reports no financial relationships with commercial interests.*
- Kristi Williams, MD, University of Toledo  
*Reports no financial relationships with commercial interests.*
- Elizabeth Yoder, MD, Private Practice, Columbus  
*Reports no financial relationships with commercial interests.*

## Technical Requirements

This internet-based CME activity is best experienced using any of the following:

- The latest and 2nd latest public versions of Google Chrome, Mozilla Firefox, or Safari
- Internet Explorer 11+

This Web site requires that JavaScript and session cookies be enabled. Certain activities may require additional software to view multimedia, presentation, or printable versions of the content. These activities will be marked as such and will provide links to the required software. That software may be: Adobe Flash, Adobe Acrobat Reader, Microsoft PowerPoint, and Windows Media Player.

#### Optimal System Configuration:

- Browser: Google Chrome (latest and 2nd latest version), Safari (latest and 2nd latest version), Internet Explorer 11.0+, Firefox (latest and 2nd latest version), or Microsoft Edge (latest and 2nd latest version)
- Operating System: Windows versions 8.1+, Mac OS X 10.5 (Leopard) +, Android (latest and 2nd latest version), or iOS/iPad OS (latest and 2nd latest version)
- Internet Connection: 1 Mbps or higher

#### Minimum Requirements:

- *Windows PC:* Windows 8.1 or higher; 1 GB (for 32-bit)/2 GB (for 64-bit) or higher RAM; Microsoft DirectX 9 graphics device with WDDM driver; audio playback with speakers for programs with video content
- *Macintosh:* Mac OS X 10.5 or higher with latest updates installed; Intel, PowerPC G5, or PowerPC G4 (867MHz or faster) processor; 512 MB or higher RAM; audio playback with speakers for programs with video content

For assistance: Contact [oppa@oppa.org](mailto:oppa@oppa.org) for questions about this activity | Contact [learningcenter@psych.org](mailto:learningcenter@psych.org) for technical assistance.