



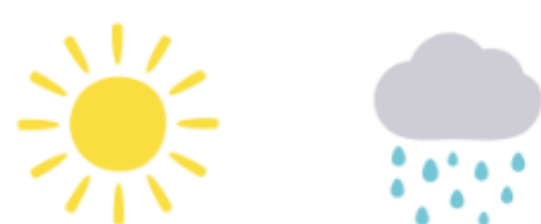
What psychological interventions are most effective for people with ADHD and mental health difficulties?

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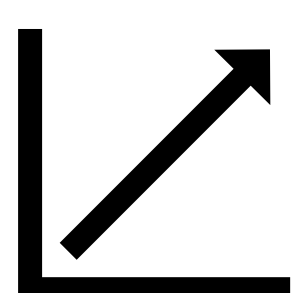
What is ADHD:

ADHD is a neurodevelopmental condition where onset occurs before age 12 and is lifelong. The primary symptoms include (but are not limited to) inattentiveness and hyperactivity.

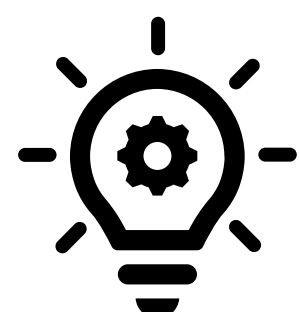
Strengths include hyper-focusing, novelty seeking, and resilience



Why do a literature review?



Increase in demand for diagnostic assessments and support, and patients with potential ADHD



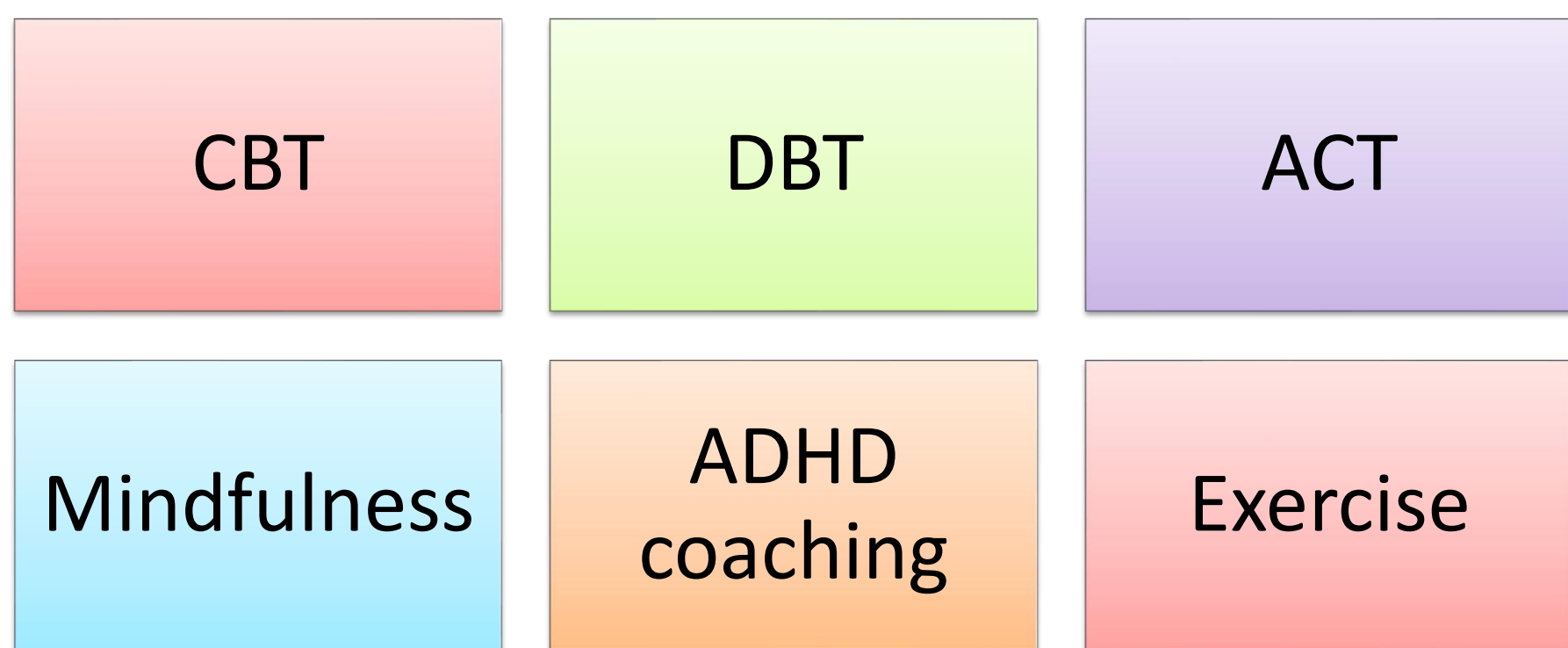
Little knowledge about psychological therapies for those with ADHD despite high mental health prevalence

NICE

Outdated guidelines with limited information

Process:

A literature review including the following topics:



Results:

- **Un-adapted interventions can be unhelpful, overwhelming and harmful.**
- **Adaptions and reasonable adjustments** are crucial for effective and helpful interventions



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Comments about un-adapted CBT (William S. et al. 2024, pp. 5-7):

She didn't really embrace it... didn't necessarily adapt for it

I constantly felt like I had to explain why some of the things...were a challenge

Overall, it made me feel more inadequate as I felt I couldn't do the stuff I was supposed to

I couldn't see the link with ADHD and she didn't see it either. She know nothing [about ADHD]

Results continued:

- **ADHD symptoms and quality of life improved** in those that had: ACT, CBT and DBT.
- **Depressive and anxiety symptoms** improved in those that had ACT and CBT
- **Mindfulness** improved executive function, emotional regulation and attention.
- **ADHD coaching and exercise** also showed improvements in ADHD symptoms such as inattention
- **Adaptations for ASD** are relevant for ADHD
- There is a **lack of comprehensive guidelines** about adaptations.

Future research should be made into:

- **More therapeutic interventions**, as current is mainly around pharmacological approaches.
- **CAT, Family Therapy, Art Therapy and EMDR**, as no articles were found but that does not mean they are not helpful.
- **Strengths based** approaches

References:

William S., Horrocks M., Richmond J., Hall C.L., French B. (2024) 'Experience of CBT in adults with ADHD: a mixed methods study'. *Frontiers in Psychiatry*. Available at: [10.3389/fpsy.2024.1341624](https://doi.org/10.3389/fpsy.2024.1341624)
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All review references can be found here