

This presentation provides an overview of what is known attention deficit hyperactivity disorder (ADHD) in adulthood. After a brief overview of history, epidemiology, etiology and pathophysiology, the focus turns to understanding the clinical features of ADHD in adulthood including both psychiatric and somatic comorbidities, including new data about diabetes and dementia risk. The use of the Adult Self Report Scale for screening ADHD in adults will be discussed as a prelude to the diagnostic process. A discussion of diagnostic issues focusses on differences between diagnostic criteria for children and adults, other clinical features that are typically prominent in adults along with the diagnostic challenges posed by subthreshold ADHD, apparent adult-onset ADHD, and ADHD in high achieving adults. A discussion of treatment describes the efficacy and tolerability of evidence-based psychopharmacologic and non-pharmacologic treatments based on meta-analyses of many studies. Also reviewed are what is what large registry studies have taught us about the adverse effects of medications and their impact on real-world outcomes. The discussion on non-pharmacologic treatment addresses cognitive behavior, meditation-based therapy, Omega-3 fatty acid supplementation and physical exercise. Results from the US Quality Measures Initiative for adult ADHD are also discussed.