

Psychotherapy for Adolescents With Attention-Deficit Hyperactivity Disorder: A Pediatrician's Guide

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Abstract

Attention-deficit hyperactivity disorder (ADHD) presents with high levels of inattention, impulsiveness, and hyperactivity. ADHD starts in childhood and results in impairments that continue into adulthood. ADHD symptoms lead to decreased functionality in various life domains and result in poor academics, behavioral challenges, delayed independence, and strained relationships. Despite advances in diagnosis and treatment, persistent residual symptoms are common, highlighting the need for novel treatment strategies. This article aims to provide a review of the psychotherapeutic interventions available for teens that receive pharmacotherapy but continue to struggle with the residual symptoms of ADHD that interfere with academic function, relationship formation, and psychological development.

Keywords

attention-deficit hyperactivity disorder, ADHD, psychotherapy, treatment adjunct, novel treatment

Introduction

Attention-deficit hyperactivity disorder (ADHD) is characterized as developmentally inappropriate levels of inattention, impulsiveness, and hyperactivity that surface in childhood and result in multiple impairments.¹ These core symptoms change as children develop into adolescents. Restlessness replaces hyperactivity and disorganization becomes prominent.²

For many teens with ADHD, the transition into high school is associated with increased educational and social problems.³ Difficulties in initiating and completing tasks may hinder academic performance as these students face increasingly complex workloads that require planning and focus.^{2,3} Impulsivity persists and manifests in their decision-making style and excessive risky behaviors.^{2,4} Additionally, relationships with peers, a critical aspect of adolescent development, are also adversely affected by ADHD symptoms. Coleman reported that peers often view these students as “immature, loners or losers.”⁵ Problems focusing, following instructions, paying attention, and completing tasks often elicit frustration from their teachers as well. ADHD symptoms lead to decreased functionality in various life domains and contribute to poor academics, behavioral challenges, delayed independence, and

strained relationships. The consequences of ADHD can take a huge emotional toll on the individual.^{6,7}

Optimal ADHD management requires the use of appropriate medications, such as psychostimulants, guanfacine, or atomoxetine.^{8–11} Until recently, ADHD pharmacotherapy was routinely discontinued as patients transitioned their care from the pediatrician to the primary care setting. ADHD guidelines currently recommend pharmacotherapy be continued in adolescents and adults as long as it remains effective.^{12,13} Clinical trials have documented that stimulant medications significantly reduce core ADHD symptoms in children, adolescents, and adults with ADHD.^{11,14–19} Among the stimulants approved by the US Food and Drug Administration (FDA) for adolescent ADHD are lisdexamfetamine,

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