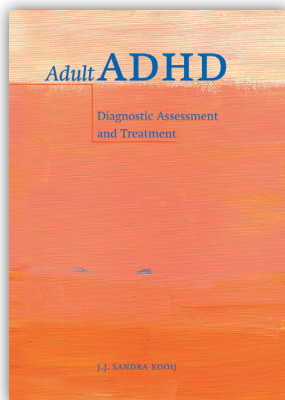


Adult ADHD | Diagnostic Assessment and Treatment

J.J.S. Kooij



The mean prevalence of ADHD in adults is 3.4% (as measured in 10 countries), and approximately 20% in psychiatric and addicted patients. Adult ADHD can be treated effectively but as yet the disorder is not always recognised by professionals. This book is intended for students, junior doctors/residents, psychologists, psychiatrists, other mental health care professionals and interested parties and aims to provide a quick overview of the current state of the science and of the methods used in diagnosis and treatment.

This is the third edition of the book, and it has been thoroughly revised and extended on the basis of the latest scientific research. It covers not only diagnostic assessment, but also common comorbidity patterns as well as differential diagnosis of ADHD with i.e. bipolar disorder and borderline personality disorder. The symptom overlap and misdiagnosis of chronic fatigue syndrome in girls and women with the inattentive subtype of ADHD, ADD is explored. The chronic delayed sleep phase syndrome associated with ADHD based on disturbances in the circadian rhythm, and the possible consequences for general health (obesity, diabetes, cardiovascular diseases and cancer) are discussed. There are sections on ADHD and intelligence, criminality, sexuality, dyslexia and autism.

Diagnostic tools are included, such as the structured Diagnostic Interview for Adult ADHD (DIVA), and an ultra-short and somewhat longer screening tool, all based on the DSM-IV criteria for ADHD. As far as treatment is concerned, there is extensive information about psychoeducation and motivation and about individual and group coaching. Long-acting stimulants and other new drugs for treating ADHD are covered in depth. There is also a chapter on using melatonin to treat the delayed sleep phase disorder. Finally a chapter has been added on the setting-up and organisation of a department for adult ADHD with a multidisciplinary team. References, web sites and useful international addresses have all been updated.

Dr J.J. Sandra Kooij is a psychiatrist and researcher in the field of adult ADHD. She is head of the Adult ADHD Program at PsyQ in The Hague, and head of the PsyQ Expertise Centre Adult ADHD.

'Adult ADHD provides a concise yet detailed summary of the diagnosis and treatment of ADHD in adults. It is no longer acceptable to ignore ADHD as an adult condition or mistake it for other mental health disorders. We now know that correctly targeted treatments for ADHD are effective at improving daily function and quality of life for many people. As such this book is an essential resource for all those engaged in adult mental health.'

Philip Asherson, Professor of Molecular Psychiatry, MRC Social Genetic and Developmental Psychiatry, Institute of Psychiatry, London, England

'This book not only serves as an excellent guide for recognising, diagnosing and treating Adult ADHD, it also contains fifteen years of history concerning the process leading up to this.'

Arga Paternotte, Editor-in-chief of *Balans Magazine*, magazine of the parent organisation Balans, the Netherlands

Adult ADHD is a translation of the Dutch book **ADHD bij volwassenen**. Other (Dutch) books of Sandra Kooij:

ADHD bij volwassenen. Diagnostiek en behandeling, 3^e druk, 2009 (this book), ISBN 978 90 265 1850 8;

Over medicatie voor volwassenen met ADHD, 2^e druk, 2010 (On medication for adults with ADHD; not translated), ISBN 978 90 265 2229 1.

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