

adhd assessment for adults reddit

ADHD Assessment for Adults Reddit: Navigating the Online Landscape and Finding the Right Path to Diagnosis

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Introduction:

The online world, particularly platforms like Reddit, offers a wealth of information and personal experiences regarding ADHD. Searching "adhd assessment for adults reddit" reveals a vibrant community sharing their journeys, anxieties, and questions about the diagnostic process. This article aims to provide a comprehensive guide to navigating the online landscape surrounding ADHD assessment for adults, while clarifying the different methodologies and approaches used by professionals. It's crucial to understand that online discussions should supplement, not replace, professional medical advice.

H1: Understanding the Landscape of ADHD Assessment for Adults on Reddit

Reddit forums dedicated to ADHD offer a unique perspective. While "adhd assessment for adults reddit" searches yield numerous threads, it's essential to approach this information with a critical eye. Personal anecdotes can be valuable for understanding lived experiences, but they should not be considered medical advice. The diversity of opinions and experiences on Reddit can be both helpful and confusing, highlighting the need for professional guidance. Many users share their experiences with different assessment methods, timelines, and the challenges they faced. This can help prepare individuals for what to expect, but it is vital to remember that each individual's experience will differ.

H2: Methodologies Used in Adult ADHD Assessments

A formal ADHD assessment for adults usually involves a multi-faceted approach, combining several methodologies:

Clinical Interviews: This is a cornerstone of any ADHD assessment. The clinician will conduct a thorough interview to gather detailed information about the individual's history, symptoms, and current challenges. This includes exploring developmental history, academic performance, work history, and relationships. The interview is crucial for understanding the presentation of ADHD symptoms within the individual's context.

Psychological Testing: Various standardized tests are used to objectively assess attention, impulsivity, and hyperactivity. Examples include the Connors Adult ADHD Rating Scales, the WISC-V (for adults with suspected ADHD presenting since childhood), and various measures of executive functioning. These tests provide quantitative data to support the clinical interview findings.

Behavioral Observations: While less structured, observing the individual's behavior during the assessment can offer valuable insights. This might include noting restlessness, difficulty focusing during the interview, or impulsive responses.

Review of Records: Accessing relevant records such as school reports, medical history, and previous psychological evaluations can provide valuable historical context and corroborate information gathered during the assessment.

Differential Diagnosis: A crucial aspect of the assessment process involves ruling out other conditions that may mimic ADHD symptoms, such as anxiety disorders, depression, or learning disabilities. This involves a thorough exploration of the individual's overall presentation and consideration of co-occurring conditions.

H3: Finding a Qualified Professional: Tips Informed by "ADHD Assessment for Adults Reddit" Discussions

Navigating the search for a qualified professional can be overwhelming. Reddit discussions often highlight the importance of several factors:

Experience with Adults: Many Reddit users emphasize the need to find a clinician specializing in adult ADHD. Child and adolescent ADHD often presents differently than adult ADHD.

Specific Diagnostic Tools: Discussions may mention specific tests or approaches, but it's critical to remember that the choice of assessment tools depends on the individual's unique needs and the clinician's expertise.

Insurance Coverage: Understanding insurance coverage and the associated costs is crucial. Reddit users frequently share their experiences with navigating insurance complexities.

Waiting Lists: Be prepared for potential waiting lists, especially with highly-regarded professionals.

H4: Interpreting the Results of an ADHD Assessment

After the assessment, the clinician will provide a comprehensive report summarizing their findings. This report will detail the assessment methods used, the results of any testing, and a diagnostic conclusion. This information can be complex, so don't hesitate to ask clarifying questions. Reddit

discussions often highlight the importance of understanding the nuances of an ADHD diagnosis and the implications for treatment.

H5: Treatment Options After an ADHD Assessment

A diagnosis of ADHD typically leads to a discussion of treatment options. These can include:

Medication: Stimulants and non-stimulant medications are commonly prescribed to manage ADHD symptoms.

Therapy: Cognitive Behavioral Therapy (CBT) and other therapeutic approaches can help individuals develop coping mechanisms and strategies to manage ADHD-related challenges.

Lifestyle Changes: Adopting healthy lifestyle habits, such as regular exercise, a balanced diet, and sufficient sleep, can significantly improve symptom management.

H6: The Role of "ADHD Assessment for Adults Reddit" in the Journey

While online communities can provide support and a sense of community, they should never replace professional medical advice. Use "adhd assessment for adults reddit" searches to learn from others' experiences, but always seek guidance from a qualified healthcare professional for diagnosis and treatment.

Conclusion:

The journey to obtaining an ADHD assessment for adults can be challenging, but understanding the methodologies and navigating the online resources effectively can make the process smoother. While "adhd assessment for adults reddit" offers a valuable platform for sharing experiences and information, remember to prioritize professional guidance from a qualified clinician. This ensures a thorough and accurate assessment, leading to appropriate diagnosis and treatment.

FAQs:

1. Is self-diagnosing ADHD based on Reddit information accurate? No, self-diagnosis is unreliable and can lead to inappropriate treatment. A professional assessment is essential.
1. How much does an adult ADHD assessment cost? Costs vary depending on location, provider, and insurance coverage.
1. How long does an ADHD assessment typically take? The process can range from a single session to multiple sessions depending on the individual's needs.

1. What if my doctor dismisses my concerns about ADHD? Seek a second opinion from another qualified professional.
1. Are there specific tests for adult ADHD? Yes, several standardized tests are used to assess attention, impulsivity, and hyperactivity.
1. What are the common symptoms of adult ADHD? Symptoms include inattention, hyperactivity, impulsivity, and difficulty with executive functions.
1. Can I get an ADHD assessment online? While some online screening tools exist, a complete assessment requires an in-person evaluation with a qualified professional.
1. What is the difference between ADHD and ADD? ADD is an older term that is now considered obsolete. ADHD encompasses both inattentive and hyperactive-impulsive presentations.
1. What is the role of family history in ADHD assessment? Family history can be a helpful piece of information, but it's not a definitive diagnostic criterion.

Related Articles:

1. "Adult ADHD: Recognizing the Signs and Symptoms": This article provides a detailed overview of the symptoms of adult ADHD, helping individuals identify potential indicators.
1. "Navigating the Healthcare System for Adult ADHD Diagnosis": This article offers practical tips and advice for finding and working with healthcare professionals.
1. "The Importance of a Comprehensive ADHD Assessment": This piece emphasizes the value of a

thorough evaluation that considers multiple factors.

1. "ADHD and Co-occurring Conditions: Recognizing and Managing Comorbidities": This article discusses the frequent co-occurrence of ADHD with other mental health conditions.
1. "Effective Treatment Strategies for Adult ADHD": This article explores various treatment options, including medication and therapy.
1. "The Impact of ADHD on Relationships and Social Interactions": This article explores how ADHD can affect personal relationships.
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1. "Understanding the Neurobiology of ADHD": This article explains the underlying neurological factors contributing to ADHD.
1. "ADHD and Executive Functioning: Challenges and Solutions": This article focuses on the impact of ADHD on executive functions like planning, organization, and time management.

adhd assessment for adults reddit: Is it You, Me, Or Adult A.D.D.? Gina Pera, 2008 Everyone involved with AD/HD will find the information in this book invaluable, especially people with AD/HD and couples therapists, who often mistake AD/HD for communication problems or personality differences. Meticulously researched and presented with empathy and humor, Is It You, Me, or Adult A.D.D.? offers the latest information from top experts, who explain the science and proven protocols for reducing AD/HD's most challenging symptoms. Real-life details come from the partners themselves, who share their stories with touching candor yet plenty of humor.

adhd assessment for adults reddit: Delivered from Distraction Edward M. Hallowell, John J. Ratey, 2023-08-31 'If you read only one book about attention deficit disorder, it should be **Delivered from Distraction**.' Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* In 1994, *Driven to Distraction* sparked a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book has sold more than a million

copies. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder - all are changing radically. And doctors are realizing that millions of adults suffer from this condition, though the vast majority of them remain undiagnosed and untreated. In this new book, Drs Edward M. Hallowell and John J. Ratey build on the breakthroughs of *Driven to Distraction* to offer a comprehensive and entirely up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, 'attention deficit disorder' is a highly misleading description of an intriguing kind of mind. Original, charismatic, energetic, often brilliant, people with ADD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds. Tailored expressly to ADD learning styles and attention spans, *Delivered from Distraction* provides accessible, engaging discussions of every aspect of the condition, from diagnosis to finding the proper treatment regime. Inside you'll discover: - whether ADD runs in families - new diagnostic procedures, tests, and evaluations - the links between ADD and other conditions - how people with ADD can free up their inner talents and strengths - the new drugs and how they work, and why they're not for everyone - exciting advances in nonpharmaceutical therapies, including changes in diet, exercise, and lifestyle - how to adapt the classic twelve-step program to treat ADD - sexual problems associated with ADD and how to resolve them - strategies for dealing with procrastination, clutter, and chronic forgetfulness ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, *Delivered from Distraction* is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read.

adhd assessment for adults reddit: Women with Attention Deficit Disorder Sari Solden, 2012-07-15 Women with Attention Deficit Disorder, psychotherapist Sari Solden's, groundbreaking book, explains how every year, millions of withdrawn little girls and chronically overwhelmed women go undiagnosed with Attention Deficit Disorder because they don't fit the stereotypical profile: they're not fast-talking, hyperactive, or inattentive, and they are not male. This pioneering book explores treatment and counseling options, and uses real-life case histories to examine the special challenges women with AD/HD face, such as the shame of not fulfilling societal expectations. Solden explains that AD/HD affects just as many women as men, and often results in depression, disorganization, anxiety, and underachievement. Included in this revised edition is a brand new chapter on friendship challenges for women with AD/HD. Three empowering steps -- restructuring one's life, renegotiating relationships, and redefining self-image -- help women take control of their lives and enjoy success on their own terms. Sari Solden has used her personal and professional experience to shine some light into the dark closet inhabited by far too many ADD women... She empowers ADD women by validating their experience as worthwhile human beings who struggle with serious organizational problems in many areas of their lives. (Kate Kelly and Peggy Ramundo, authors of *You Mean I'm Not Lazy, Stupid, or Crazy*)

adhd assessment for adults reddit: Smart But Stuck Thomas E. Brown, 2014-02-03 Compelling stories that present a new view of ADHD *Smart but Stuck* offers 15 true and compelling stories about intelligent, capable teens and adults who have gotten stuck at school, work, and/or in social relationships because of their ADHD. Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck because they can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships. The first book to explain and illustrate the crucial role of emotions in the daily functioning of those living with ADHD Brown, Associate Director of the Yale Clinic for Attention & Related Disorders, is an internationally known authority on ADHD Drawing on the latest research findings, the book describes strategies and treatments for getting unstuck to move on to a more rewarding and productive life.

adhd assessment for adults reddit: ADHD Diagnosis and Management Mark Wolraich, George J. DuPaul, 2010 Aligned with the AAP's guidelines for ADHD management, this research-based guide is the key to developing comprehensive, coordinated treatment programs for

children in Grades 1-8.

adhd assessment for adults reddit: The ADHD Explosion and Today's Push for Performance

Stephen P. Hinshaw, Richard M. Scheffler, 2014-04 Debunks myths and misconceptions about ADHD, and discusses the controversies surrounding skyrocketing rates of diagnosis and medication treatment as well as the condition's cost to society.

adhd assessment for adults reddit: ADHD Does not Exist Richard Saul, 2014-02-18 In this groundbreaking and controversial book, behavioral neurologist Dr. Richard Saul draws on five decades of experience treating thousands of patients labeled with Attention Deficit and Hyperactivity Disorder—one of the fastest growing and widely diagnosed conditions today—to argue that ADHD is actually a cluster of symptoms stemming from over 20 other conditions and disorders. According to recent data from the Centers for Disease Control and Prevention, an estimated 6.4 million children between the ages of four and seventeen have been diagnosed with attention deficit hyperactivity disorder. While many skeptics believe that ADHD is a fabrication of drug companies and the medical establishment, the symptoms of attention-deficit and hyperactivity are all too real for millions of individuals who often cannot function without treatment. If ADHD does not exist, then what is causing these debilitating symptoms? Over the course of half a century, physician Richard Saul has worked with thousands of patients demonstrating symptoms of ADHD. Based on his experience, he offers a shocking conclusion: ADHD is not a condition on its own, but rather a symptom complex caused by over twenty separate conditions—from poor eyesight and giftedness to bipolar disorder and depression—each requiring its own specific treatment. Drawing on in-depth scientific research and real-life stories from his numerous patients, *ADHD Does not Exist* synthesizes Dr. Saul's findings, and offers and clear advice for everyone seeking answers.

adhd assessment for adults reddit: You Mean I'm Not Lazy, Stupid or Crazy?! Kate Kelly, Peggy Ramundo, 2006-04-25 A revised and updated edition of the classic self-help book that has served as a lifeline to the millions of adults who have ADHD! With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit/hyperactivity disorder ever written. There is a great deal of literature about children with ADHD, but what do you do if you have ADHD and aren't a child anymore? This indispensable reference—the first of its kind written for adults with ADHD by adults with ADHD—focuses on the experiences of adults, offering updated information, practical how-tos, and moral support to help readers deal with ADHD. It also explains the diagnostic process that distinguishes ADHD symptoms from normal lapses in memory, lack of concentration or impulsive behavior, offering guidance on how to reframe our view of ADHD and embrace its benefits. Here's what's new: The new ADHD medications and their effectiveness The effects of ADHD on human sexuality The differences between male and female ADHD—including falling estrogen levels and its impact on cognitive function The power of meditation ADHD coaching tricks and tips And the book still includes the tried-and-true advice about: Achieving balance by analyzing one's strengths and weaknesses Getting along in groups, at work and in intimate and family relationships—including how to decrease discord and chaos Learning the mechanics and methods for getting organized and improving memory Seeking professional help, including therapy and medication

adhd assessment for adults reddit: Barkley Adult ADHD Rating Scale-IV (BAARS-IV)

Russell A. Barkley, 2011-02-01 The Barkley Adult ADHD Rating Scale-IV (BAARS-IV) offers an essential tool for assessing current ADHD symptoms and domains of impairment as well as recollections of childhood symptoms. Directly linked to DSM-IV diagnostic criteria, the scale includes both self-report and other-report forms (for example, spouse, parent, or sibling). Not only is the BAARS-IV empirically based, reliable, and valid, but it is also exceptionally convenient to use. The long version takes the average adult 5-7 minutes to complete, and the Quick Screen takes only 3-5 minutes. Special features include a section of items assessing the newly identified symptoms of sluggish cognitive tempo, also known as the inattentive-only subtype of ADHD. Complete instructions for scoring and interpreting the scale are provided. See also the Barkley Deficits in Executive Functioning Scale (BDEFS for Adults), which assesses clinically significant executive

functioning difficulties, and the Barkley Functional Impairment Scale (BFIS for Adults), which evaluates 15 major domains of psychosocial functioning. Includes Permission to Photocopy Enhancing the convenience and value of the BAARS-IV, the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales. The large format and sturdy wire binding facilitate photocopying.

adhd assessment for adults reddit: The Wiley Handbook of Disruptive and Impulse-Control Disorders John E. Lochman, Walter Matthys, 2017-10-23 The definitive reference to the policies and practices for treating disruptive and impulse-control disorders, edited by renowned experts The Wiley Handbook of Disruptive and Impulse-Control Disorders offers a comprehensive overview that integrates the most recent and important scholarship and research on disruptive and impulse-control disorders in children and adolescents. Each of the chapters includes a summary of the most relevant research and knowledge on the topic and identifies the implications of the findings along with important next directions for research. Designed to be practical in application, the text explores the applied real-world value of the accumulated research findings, and the authors include policy implications and recommendations. The Handbook address the nature and definition of the disorders, the risk factors associated with the development and maintenance of this cluster of disorders, assessment processes, as well as the evidence-based treatment and prevention practices. The volume incorporates information from the ICD-11, a newly revised classification system, along with the recently published DSM-5. This important resource: Contains a definitive survey that integrates the most recent and important research and scholarship on disruptive and impulse-control disorders in children and adolescents Emphasizes the applied real-world value of the accumulated research findings Explores the policy implications and recommendations to encourage evidence-based practice Examines the nature and definition, risk factors, assessment, and evidence-based practice; risk factors are subdivided into child, family, peer group and broader context Considers changes, advances and controversies associated with new and revised diagnostic categories Written for clinicians and professionals in the field, The Wiley Handbook of Disruptive and Impulse-Control Disorders offers an up-to-date review of the most authoritative scholarship and research on disruptive and impulse-control disorders in children and adolescents as well as offering recommendations for practice.

adhd assessment for adults reddit: Child and Adolescent Behavioral Health Edilma L. Yearwood, Geraldine S. Pearson, Jamesetta A. Newland, 2021-03-09 Research has shown that a range of adult psychiatric disorders and mental health problems originate at an early age, yet the psychiatric symptoms of an increasing number of children and adolescents are going unrecognized and untreated—there are simply not enough child psychiatric providers to meet this steadily rising demand. It is vital that advanced practice registered nurses (APRNs) and primary care practitioners take active roles in assessing behavioral health presentations and work collaboratively with families and other healthcare professionals to ensure that all children and adolescents receive appropriate treatment. Child and Adolescent Behavioral Health helps APRNs address the mental health needs of this vulnerable population, providing practical guidance on assessment guidelines, intervention and treatment strategies, indications for consultation, collaboration, referral, and more. Now in its second edition, this comprehensive and timely resource has been fully updated to include DSM-5 criteria and the latest guidance on assessing, diagnosing, and treating the most common behavioral health issues facing young people. New and expanded chapters cover topics including eating disorders, bullying and victimization, LGBTQ identity issues, and conducting research with high-risk children and adolescents. Edited and written by a team of accomplished child psychiatric and primary care practitioners, this authoritative volume: Provides state-of-the-art knowledge about specific psychiatric and behavioral health issues in multiple care settings Reviews the clinical manifestation and etiology of behavioral disorders, risk and management issues, and implications for practice, research, and education Offers approaches for interviewing children and adolescents, and strategies for integrating physical and psychiatric screening Discusses special topics such as legal and ethical issues, cultural influences, the needs of immigrant children, and child and adolescent

mental health policy Features a new companion website containing clinical case studies to apply concepts from the chapters Designed to specifically address the issues faced by APRNs, Child and Adolescent Behavioral Health is essential reading for nurse practitioners and clinical nurse specialists, particularly those working in family, pediatric, community health, psychiatric, and mental health settings. *Second Place in the Child Health Category, 2021 American Journal of Nursing Book of the Year Awards*

adhd assessment for adults reddit: ADHD 2.0 Edward M. Hallowell, M.D., John J. Ratey, M.D., 2021-01-12 A revolutionary new approach to ADD/ADHD featuring cutting-edge research and strategies to help readers thrive, by the bestselling authors of the seminal books *Driven to Distraction* and *Delivered from Distraction* “An inspired road map for living with a distractible brain . . . If you or your child suffer from ADHD, this book should be on your shelf. It will give you courage and hope.”—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* World-renowned authors Dr. Edward M. Hallowell and Dr. John J. Ratey literally “wrote the book” on ADD/ADHD more than two decades ago. Their bestseller, *Driven to Distraction*, largely introduced this diagnosis to the public and sold more than a million copies along the way. Now, most people have heard of ADHD and know someone who may have it. But lost in the discussion of both childhood and adult diagnosis of ADHD is the potential upside: Many hugely successful entrepreneurs and highly creative people attribute their achievements to ADHD. Also unknown to most are the recent research developments, including innovations that give a clearer understanding of the ADHD brain in action. In *ADHD 2.0*, Drs. Hallowell and Ratey, both of whom have this “variable attention trait,” draw on the latest science to provide both parents and adults with ADHD a plan for minimizing the downside and maximizing the benefits of ADHD at any age. They offer an arsenal of new strategies and lifestyle hacks for thriving with ADHD, including • Find the right kind of difficult. Use these behavior assessments to discover the work, activity, or creative outlet best suited to an individual’s unique strengths. • Reimagine environment. What specific elements to look for—at home, at school, or in the workplace—to enhance the creativity and entrepreneurial spirit inherent in the ADHD mind. • Embrace innate neurological tendencies. Take advantage of new findings about the brain’s default mode network and cerebellum, which confer major benefits for people with ADHD. • Tap into the healing power of connection. Tips for establishing and maintaining positive connection “the other Vitamin D” and the best antidote to the negativity that plagues so many people with ADHD. • Consider medication. Gets the facts about the underlying chemistry, side effects, and proven benefits of all the pharmaceutical options. As inspiring as it is practical, *ADHD 2.0* will help you tap into the power of this mercurial condition and find the key that unlocks potential.

adhd assessment for adults reddit: ADHD Rating Scale-IV George J. DuPaul, 1998 The ADHD Rating Scale-IV is a reliable and easy-to-administer instrument both for diagnosing ADHD in children and adolescents and for assessing treatment response. Containing 18 items, the scale is linked directly to DSM-IV diagnostic criteria for ADHD. This convenient 8 1/2 x 11 lay-flat manual provides three versions of the scale: a parent questionnaire on home behaviors (English), a parent questionnaire on home behaviors (Spanish), and a teacher questionnaire on classroom behaviors. Pages are formatted for easy photocopying, and permission to reproduce the scale as often as needed is included in the purchase price. This manual also incorporates the following essential features that never before have been published in full: * Information on the scale’s development and how to use it * Scoring profiles for boys and girls aged 5-17 * Nationally representative norms for both parent and teacher ratings * Factor analysis data and findings on reliability and validity * Clinical interpretation guidelines for screening and diagnosis * Clinical interpretation guidelines for treatment evaluation QUICK VIEW What does it do?: Quickly determines the frequency of ADHD symptoms. Age Range: 5-17 Administration Time: 5-7 minutes Format: Parent-report and teacher-report rating scales (includes parent form in English and Spanish). Cost of Additional Forms: No cost--purchasers get permission to reproduce the forms and score sheets for repeated use.

adhd assessment for adults reddit: Developmental Psychopathology Amanda Venta, Carla

Sharp, Peter Fonagy, Jack M. Fletcher, 2021-06-10 The mainstream upper-level undergraduate textbook designed for first courses in Developmental Psychopathology Developmental Psychopathology provides a comprehensive introduction to the evolving scientific discipline that focuses on the interactions between the biological, psychological, behavioral, and social contextual aspects of normal and abnormal human development. Designed for advanced undergraduates and early graduate students with no previous engagement with the subject, this well-balanced textbook integrates clinical knowledge and scientific practice to help students understand both how and why mental health problems emerge across the lifespan. Organized into four parts, the text first provides students with essential background information on traditional approaches to psychopathology, developmental psychopathology (DP), normal development, and insecure attachment. The next section addresses attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), and other problems emerging in childhood. Part III covers problems that arise in adolescence and young adulthood, such as depression, suicide, eating disorders, and schizophrenia. The text concludes with a discussion of special topics such as the relation between psychopathological issues and divorce, separation, and loss. Each chapter includes a visual demonstration of the DP approach, a clinical case, further readings, and discussion questions. Developmental Psychopathology: Presents a coherent organization of material that illustrates the DP principle of cutting across multiple levels of analysis Covers common psychopathological problems including antisocial behavior, substance use disorders, fear and anxiety, and emerging personality disorders Features integrative DP models based on the most recent research in psychopathological disorders Provides instructors with a consistent pedagogical framework for teaching upper-level students encountering the discipline for the first time Developmental Psychopathology is the perfect textbook for advanced undergraduate or graduate courses in Child Psychopathology, Abnormal Child Psychology, Clinical Psychology, and Family Dynamics and Psychopathology.

adhd assessment for adults reddit: Oxford Textbook of Attention Deficit Hyperactivity Disorder Tobias Banaschewski, David Coghill, Alessandro Zuddas, 2018 Oxford Textbook of Attention Deficit Hyperactivity Disorder is an authoritative, multi-disciplinary text covering the diagnosis, assessment and management of patients with ADHD.

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adhd assessment for adults reddit: Crazy Like Us Ethan Watters, 2010-01-12 "A blistering and truly original work of reporting and analysis, uncovering America's role in homogenizing how

the world defines wellness and healing” (Po Bronson). In *Crazy Like Us*, Ethan Watters reveals that the most devastating consequence of the spread of American culture has not been our golden arches or our bomb craters but our bulldozing of the human psyche itself: We are in the process of homogenizing the way the world goes mad. It is well known that American culture is a dominant force at home and abroad; our exportation of everything from movies to junk food is a well-documented phenomenon. But is it possible America's most troubling impact on the globalizing world has yet to be accounted for? American-style depression, post-traumatic stress disorder, and anorexia have begun to spread around the world like contagions, and the virus is us. Traveling from Hong Kong to Sri Lanka to Zanzibar to Japan, acclaimed journalist Ethan Watters witnesses firsthand how Western healers often steamroll indigenous expressions of mental health and madness and replace them with our own. In teaching the rest of the world to think like us, we have been homogenizing the way the world goes mad.

adhd assessment for adults reddit: Adult ADHD J.J. Sandra Kooij, 2012-12-11 *Adult ADHD: Diagnostic Assessment and Treatment, Third Edition* covers not only diagnostic assessment, but also comorbidity patterns as well as differential diagnosis of ADHD with for example 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. Adult ADHD can be treated effectively but as yet the disorder is not always recognised by professionals and this book aims to help correct this. 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. Treatment options cover psychoeducation and motivation and individual and group coaching; long-acting stimulants and other new drugs for treating ADHD; use of melatonin to treat the delayed sleep-phase disorder. Useful information is included on the setting up and organisation of a department for adult ADHD with a multidisciplinary team. References, websites and useful international addresses have all been updated. *Adult ADHD: Diagnostic Assessment and Treatment, Third Edition* is intended for students, junior doctors/residents, psychologists, psychiatrists, other mental healthcare professionals and interested parties and provides a quick overview of the current state of the science and of the methods used in diagnosis and treatment. *Adult ADHD: Diagnostic Assessment and Treatment, Third Edition* was originally published by Pearson Assessment and Information BV, The Netherlands.

adhd assessment for adults reddit: I Think I Might Be Autistic Cynthia Kim, 2013 What if instead of being weird, shy, geeky or introverted, your brain is wired differently? For adults with undiagnosed autism spectrum disorder (ASD), there is often an aha! moment--when you realize that ASD just might be the explanation for why you've always felt so different. *I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults* begins from that aha! moment, addressing the many questions that follow. What do the symptoms of ASD look like in adults? Is getting a diagnosis worth it? What does an assessment consist of and how can you prepare for it? Cynthia Kim shares the information, insights, tips, suggestions and resources she gathered as part of her own journey from aha! to finally being diagnosed with Asperger's syndrome in her forties. This concise guide also addresses important aspects of living with ASD as a late-diagnosed adult, including coping with the emotional impact of discovering that you're autistic and deciding who to share your diagnosis with and how.

adhd assessment for adults reddit: Back to Normal Enrico Gnani, PhD, 2013-09-17 A veteran clinical psychologist exposes why doctors, teachers, and parents incorrectly diagnose healthy American children with serious psychiatric conditions. In recent years there has been an alarming rise in the number of American children and youth assigned a mental health diagnosis. Current data from the Centers for Disease Control reveal a 41 percent increase in rates of ADHD diagnoses over the past decade and a forty-fold spike in bipolar disorder diagnoses. Similarly,

diagnoses of autism spectrum disorder, once considered, has increased by 78 percent since 2002. Dr. Enrico Gnauti, a clinical psychologist specializing in childhood and adolescent therapy and assessment, has witnessed firsthand the push to diagnose these disorders in youngsters. Drawing both on his own clinical experience and on cutting-edge research, with *Back to Normal* he has written the definitive account of why our kids are being dramatically overdiagnosed—and how parents and professionals can distinguish between true psychiatric disorders and normal childhood reactions to stressful life situations. Gnauti begins with the complex web of factors that have led to our current crisis. These include questionable education and training practices that cloud mental health professionals' ability to distinguish normal from abnormal behavior in children, monetary incentives favoring prescriptions, check-list diagnosing, and high-stakes testing in schools. We've also developed an increasingly casual attitude about labeling kids and putting them on psychiatric drugs. So how do we differentiate between a child with, say, Asperger's syndrome and a child who is simply introverted, brainy, and single-minded? As Gnauti notes, many of the symptoms associated with these disorders are similar to everyday childhood behaviors. In the second half of the book Gnauti tells detailed stories of wrongly diagnosed kids, providing parents and others with information about the developmental, temperamental, and environmentally driven symptoms that to a casual or untrained eye can mimic a psychiatric disorder. These stories also reveal how nonmedical interventions, whether in the therapist's office or through changes made at home, can help children. *Back to Normal* reminds us of the normalcy of children's seemingly abnormal behavior. It will give parents of struggling children hope, perspective, and direction. And it will make everyone who deals with children question the changes in our society that have contributed to the astonishing increase in childhood psychiatric diagnoses.

adhd assessment for adults reddit: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

adhd assessment for adults reddit: Rethinking Adult ADHD J. Russell Ramsay, 2020 This book is a first of its kind exploration of the common beliefs that underlie and maintain ADHD in adults. It offers a blueprint to help clients overcome ADHD symptoms using cognitive behavior therapy.

adhd assessment for adults reddit: Adult ADHD-Focused Couple Therapy Gina Pera, Arthur L. Robin, 2016-01-08 Since ADHD became a well-known condition, decades ago, much of the

research and clinical discourse has focused on youth. In recent years, attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life, including driving safety, financial management, education and employment, and interpersonal difficulties. Adult ADHD-Focused Couple Therapy breaks new ground in explaining and suggesting approaches for treating the range of challenges that ADHD can create within a most important and delicate relationship: the intimate couple. With the help of contributors who are experts in their specialties, Pera and Robin provide the clinician with a step-by-step, nuts-and-bolts approach to help couples enhance their relationship and improve domestic cooperation. This comprehensive guide includes psychoeducation, medication guidelines, cognitive interventions, co-parenting techniques, habit change and communication strategies, and ADHD-specific clinical suggestions around sexuality, money, and cyber-addictions. More than twenty detailed case studies provide real-life examples of ways to implement the interventions.

adhd assessment for adults reddit: Barkley Deficits in Executive Functioning Scale (BDEFS) Russell A. Barkley, 2011-02-01 The Barkley Deficits in Executive Functioning Scale (BDEFS) is an empirically based tool for evaluating dimensions of adult executive functioning in daily life. Evidence indicates that the BDEFS is far more predictive of impairments in major life activities than more time-consuming and costly traditional EF tests. The BDEFS offers an ecologically valid snapshot of the capacities involved in time management, organization and problem solving, self-restraint, self-motivation, and self-regulation of emotions. It comprises both self- and other-reports in a long form (15-20 minutes) and a short form (4-5 minutes). Special features include an adult ADHD risk index in the long form. Complete instructions for scoring and interpreting the scale are provided. See also the Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA) and Barkley's authoritative book on EF development and deficits, *Executive Functions*. Also available: Barkley Adult ADHD Rating Scale--IV (BAARS-IV) and Barkley Functional Impairment Scale (BFIS for Adults). Includes Permission to Photocopy Enhancing the convenience and value of the BDEFS, the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales. The large format and sturdy wire binding facilitate photocopying.

adhd assessment for adults reddit: ADHD Rating Scale?5 for Children and Adolescents George J. DuPaul, Thomas J. Power, Arthur D. Anastopoulos, Robert Reid, 2016-02-15 Preceded by ADHD rating scale-IV / George J. DuPaul ... [et al.]. 1998.

adhd assessment for adults reddit: *Handbook of Interventions that Work with Children and Adolescents* Paula M. Barrett, Thomas H. Ollendick, 2004-01-09 *Handbook of Interventions that Work with Children and Adolescents*, considers evidence-based practice to assess the developmental issues, aetiology, epidemiology, assessment, treatment, and prevention of child and adolescent psychopathology. World-leading contributors provide overviews of empirically validated intervention and prevention initiatives. Arranged in three parts, Part I lays theoretical foundations of "treatments that work" with children and adolescents. Part II presents the evidence base for the treatment of a host of behaviour problems, whilst Part III contains exciting prevention programs that attempt to intervene with several child and adolescent problems before they become disorders. This Handbook presents encouraging evidence that we can intervene successfully at the psychosocial level with children and adolescents who already have major psychiatric disorders and, as importantly, that we can even prevent some of these disorders from occurring in the first place.

adhd assessment for adults reddit: *Fair Play* Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended

on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

adhd assessment for adults reddit: Superparenting for ADD Edward M. Hallowell, M.D., Peter S. Jensen, 2008-12-30 With decades of experience working with ADD children, Dr. Edward Hallowell has long argued that ADD is too often misunderstood, mistreated, and mislabeled as a "disability." Now he teams up with top academic ADD researcher Peter S. Jensen, M.D., to bring you an invaluable new approach to helping your ADD child. Superparenting for ADD offers a specific game plan including • UNCONDITIONAL LOVE Tune out the diagnosticians and simply nourish the spirit of your child for who he is. • VIEWING THE MIRROR TRAITS Recognize the positive sides of the negative symptoms associated with ADD: stubbornness = persistence; impulsiveness = creativity; intrusiveness = eagerness. • THE CYCLE OF EXCELLENCE Nurture an environment in which a child can safely take risks, reserve time to let a child dabble as a way to learn, encourage playful practice, support mastery of a skill, and then recognize a child's accomplishments.

adhd assessment for adults reddit: Defiant Teens Russell A. Barkley, Arthur L. Robin, 2014-03-31 This authoritative manual presents an accessible 18-step program widely used by clinicians working with challenging teens. Steps 1-9 comprise parent training strategies for managing a broad range of problem behaviors, including those linked to oppositional defiant disorder (ODD) and attention-deficit/hyperactivity disorder (ADHD). Steps 10-18 focus on teaching all family members to negotiate, communicate, and problem-solve more effectively, while facilitating adolescents' individuation and autonomy. In a convenient large-size format, the book includes practical reproducible handouts and forms. Purchasers also get access to a Web page where they can download and print the reproducible materials. New to This Edition *Incorporates 15 years of research advances and the authors' ongoing clinical experience. *Fully updated model of the nature and causes of ODD. *Revised assessment tools and recommendations. *Reflects cultural changes, such as teens' growing technology use. See also the authors' related parent guide, *Your Defiant Teen, Second Edition: 10 Steps to Resolve Conflict and Rebuild Your Relationship*, an ideal client recommendation. For a focus on younger children, see also Dr. Barkley's *Defiant Children, Third Edition* (for professionals) and *Your Defiant Child, Second Edition* (for parents).

adhd assessment for adults reddit: Driven to Distraction (Revised) Edward M. Hallowell, M.D., John J. Ratey, M.D., 2011-09-13 Groundbreaking and comprehensive, *Driven to Distraction* has been a lifeline to the approximately eighteen million Americans who are thought to have ADHD. Now the bestselling book is revised and updated with current medical information for a new generation searching for answers. Through vivid stories and case histories of patients—both adults and children—Hallowell and Ratey explore the varied forms ADHD takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this "disorder"—including high energy, intuitiveness, creativity, and enthusiasm.

adhd assessment for adults reddit: Barkley Functional Impairment Scale (BFIS) Russell A. Barkley, 2011-05-11 To diagnose a mental disorder or evaluate a disability claim, clinicians must assess functional impairment—not just the presence of symptoms. Meeting a key need, the Barkley Functional Impairment Scale (BFIS) is the first empirically based, norm-referenced tool designed to evaluate possible impairment in 15 major domains of psychosocial functioning in adults. Featuring

both self-report and other-report forms (for example, spouse, parent, or sibling), the BFIS is reliable, valid, and user friendly. The long version takes the average adult 5-7 minutes to complete, and the Quick Screen takes only 3-5 minutes. Complete instructions for scoring and interpreting the scale are provided. Includes Permission to Photocopy Enhancing the convenience and value of the BFIS, the limited photocopy license allows purchasers to reproduce the forms and score sheets without the expense of reordering materials from the publisher. The large format and sturdy wire binding facilitate photocopying.

adhd assessment for adults reddit: Males With Eating Disorders Arnold E. Andersen, 2014-06-17 First published in 1990. The subject of anorexia nervosa and, more recently, bulimia nervosa in males has been a source of interest and controversy in the fields of psychiatry and medicine for more than 300 years. These disorders, sometimes called eating disorders, raise basic questions concerning the nature of abnormalities of the motivated behaviors: Are they subsets of more widely recognized illnesses such as mood disorders? Are they understandable by reference to underlying abnormalities of biochemistry or brain function? In what ways are they similar to and in what ways do they differ from anorexia nervosa and bulimia nervosa in females? This book will be of interest to a wide variety of people—physicians, psychologists, nurses, social workers, occupational therapists, nutritionists, educators, and all others who may be interested for personal or professional reasons.

adhd assessment for adults reddit: Kitchen Confidential Anthony Bourdain, 2013-05-01 After twenty-five years of 'sex, drugs, bad behaviour and haute cuisine', chef and novelist Anthony Bourdain has decided to tell all. From his first oyster in the Gironde to his lowly position as a dishwasher in a honky-tonk fish restaurant in Provincetown; from the kitchen of the Rainbow Room atop the Rockefeller Center to drug dealers in the East Village, from Tokyo to Paris and back to New York again, Bourdain's tales of the kitchen are as passionate as they are unpredictable, as shocking as they are funny.

adhd assessment for adults reddit: The Anti-Planner Dani Donovan, 2022-12-15 The Anti-Planner is an activity book specifically designed to help procrastinators: Try unique, entertaining ways of completing tasks...Untangle emotions that make it hard to get sh*t done...Smash through productivity roadblocks...300+ full-color pages (with over 100 activities)...

adhd assessment for adults reddit: The Mindfulness Prescription for Adult ADHD Lidia Zylowska, MD, 2012-02-14 Don't let adult ADHD stand in your way—this 8-step mindfulness program provides you with the tools you need to stay focused and confident in all areas of your life Do you: • Have trouble paying attention and staying on task? • Suffer from disorganization, procrastination, or forgetfulness? • Have difficulty with restlessness or trouble managing strong feelings such as anger and frustration? • Struggle with self-doubt and difficulty following through? • In a way that causes problems in your relationships or your work? If so, you may have Attention Deficit Hyperactivity Disorder (ADHD)—like an estimated 8 million adults in this country. Physician-researcher Dr. Lidia Zylowska has created an 8-step program for using mindfulness practice (attention and awareness training) to overcome the symptoms of ADHD. The program includes practices such as sitting meditation, body awareness, thoughtful speaking and listening, development of self-acceptance, mindful self-coaching, cultivation of a balanced view of thoughts and emotions, and more. Dr. Zylowska educates readers about ADHD, helping them to understand how their ADHD brain works and how they can use mindful awareness to work with their challenges. She also explains how the mindful approach can be combined with other treatments, including medications, to boost self-improvement. This book is accompanied by an audio program of guided mindfulness exercises for successfully managing ADHD. The introduction to the book, titled "Dear Reader," includes a link to the free downloadable audio files.

adhd assessment for adults reddit: College Students with ADHD Lisa L. Weyandt, George J. DuPaul, 2012-10-28 Not long ago, conventional wisdom held that ADHD was a disorder of childhood only—that somewhere during puberty or adolescence, the child would outgrow it. Now we know better: the majority of children with the disorder continue to display symptoms throughout

adolescence and into adulthood. It is during the teen and young adult years that the psychological and academic needs of young people with ADHD change considerably, and clinical and campus professionals are not always sufficiently prepared to meet the challenge. *College Students with ADHD* is designed to bring the professional reader up to speed. The book reviews the latest findings on ADHD in high school and college students, assessment methods, and pharmacological and nonpharmacological interventions. Practical guidelines are included for helping young adults make the transition to college, so they may cope with their disorder and do as well as possible in school and social settings. Coverage is straightforward, realistic, and geared toward optimum functioning and outcomes. Among the topics featured: - Background information, from current statistics to diagnostic issues. - ADHD in high school adolescents. - ADHD in college students: behavioral, academic, and psychosocial functioning. - Assessment of ADHD in college students. - Psychosocial/educational treatment of ADHD in college students. - Pharmacotherapy for college students with ADHD. - Future directions for practice and research. The comprehensive information in *College Students with ADHD* provides a wealth of information to researchers and professionals working with this population, including clinical and school psychologists, school and college counselors, special education teachers, social workers, developmental psychologists, and disability support staff on college campuses, as well as allied mental health providers.

adhd assessment for adults reddit: *The Handbook of Language and Speech Disorders* Nicole Müller, 2012-07-10 *The Handbook of Speech and Language Disorders* presents a comprehensive survey of the latest research in communication disorders. Contributions from leading experts explore current issues, landmark studies, and the main topics in the field, and include relevant information on analytical methods and assessment. A series of foundational chapters covers a variety of important general principles irrespective of specific disorders. These chapters focus on such topics as classification, diversity considerations, intelligibility, the impact of genetic syndromes, and principles of assessment and intervention. Other chapters cover a wide range of language, speech, and cognitive/intellectual disorders.

adhd assessment for adults reddit: *Understanding Girls with AD/HD* Kathleen G. Nadeau, Ellen B. Littman, Ellen Littman, Patricia O. Quinn, Patricia Quinn, 1999 A ground-breaking book on the needs and issues of girls with attentional problems: why they are often undiagnosed, how they are different from boys, and what their special needs are in school, in their social world and at home. Age-related checklists from pre-school to high school help parents and professionals better identify and help girls with AD/HD.

adhd assessment for adults reddit: *ADHD in Adults* Russell A. Barkley, Kevin R. Murphy, Mariellen Fischer, 2010-11-01 Providing a new perspective on ADHD in adults, this compelling book analyzes findings from two major studies directed by leading authority Russell A. Barkley. Groundbreaking information is presented on the significant impairments produced by the disorder across major functional domains and life activities, including educational outcomes, work, relationships, health behaviors, and mental health. Thoughtfully considering the treatment implications of these findings, the book also demonstrates that existing diagnostic criteria do not accurately reflect the way ADHD is experienced by adults, and points the way toward developing better criteria that center on executive function deficits. Accessible tables, figures, and sidebars encapsulate the study results and methods.

adhd assessment for adults reddit: *Psychiatry in Primary Care* David S Goldbloom, Jon Davine, 2011-03 *Psychiatry in Primary Care: A Concise Canadian Pocket Guide* is a comprehensive, practical resource designed to support the work of primary care providers who encounter challenging mental health problems in their daily practices. Following a just the pearls approach, *Psychiatry in Primary Care* provides realistic, clinically-tested guidance on detecting and managing mental health problems within the primary care context. Topics covered range from depression, anxiety and personality disorders to psychotherapy in primary care and managing mental health-related disability and insurance claims. Designed for quick access, the guide features useful tools, established diagnostic criteria, useful approaches and alternatives to pharmacotherapies and

other resources. Edited by David Goldbloom and Jon Davine, Psychiatry in Primary Care features leading contributors from across Canada.

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