ADULT ADHD – DIAGNOSTIC ASSESSMENT AND TREATMENT

Edited by J.J. Sandra Kooij

J. J. Sandra Kooij MD PhD is a renowned European psychiatrist who founded the development of diagnostic assessment, treatment and research in the field of adult ADHD in the Netherlands. She is the leader of the Adult ADHD Program at PsyQ in The Hague and the head of PsyQ Expertise Centre Adult ADHD. In 2003 she established the European Network Adult ADHD and in 2010 the DIVA Foundation that distributes the Diagnostic Interview for Adult ADHD (DIVA 2.0).

Reaching its third edition, the Adult ADHD – Diagnostic Assessment and Treatment provides an updated scientific-based overview of the disorder focusing on diagnostic assessment, comorbidities, diagnostic tools and treatment. The book is addressed to medical students, residents and to a broad range of mental health professionals, aiming to improve the knowledge and to increase the awareness about adult ADHD.

The book consists of six main chapters and a comprehensive list of appendices which brings useful information to practitioners (e.g. DIVA 2.0 and other instruments, treatment tools, a programme of educative activities for patients). The Introduction chapter provides a summary of Adult ADHD, setting the stage for what will be presented in the following pages. It describes the history of the disorder, its main etiological hypotheses, prevalence data, core symptoms and also offers important insights into the morbidity, mortality and costs associated with ADHD. The 2nd chapter – Diagnostic Assessment contains information that will help the healthcare professional throughout the diagnosis process, including screening tools, DSM criteria, age of onset and subtypes, general functioning of the patients, comorbidities and differential diagnosis. The 3rd chapter– Diagnostic Instruments concisely presents three clinical tools that can guide the practitioner when performing the patient assessment (i.e. the Ultra-short screening for ADHD in adults; the Self-report questionnaire on attention problems and hyperactivity for adulthood and childhood; the Diagnostic interview for ADHD in adults - DIVA). The 4th chapter – Treatment covers two types of effective interventions- psychoeducation and medication. It displays the available drugs and also their effectiveness, side effects and contraindications. Moreover the chapter addresses the treatment for comorbidities and finishes with a section on sleep disturbances and the adequate intervention. The 5th chapter- Treatment: Coaching Adults with ADHD provides an in-depth guide in coaching through...
its practical approach of patients' problems. It contains helpful recommendation on how to support patients in acquiring practical skills and achieving their goals. The book ends with its 6th chapter – *Set up and organization of a specialist department*. This last section is the result of more than ten years of experience in the care of adults with ADHD, advices being given about how to run such a department, including details about the required professionals that must be included and their activities.

This book brings to the forefront the longitudinal perspective of the ADHD which continues its path from childhood to adulthood.

The author highlights the important consequences of the untreated cases in terms of chronicity, impairment and costs for society. Therefore, based on a large amount of research, the *Adult ADHD- Diagnostic Assessment and Treatment* comes as an essential support for mental health professionals, guiding all the diagnostic and treatment phases of adult patients with ADHD.

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