

Preface: The Third Edition

Recent research has shown that in the Netherlands, adult ADHD is found in 5 % of the general population and in approximately 20 % of psychiatric and addicted patients. If left untreated, adult ADHD results in impairment of patients, places a burden on the patient's environment, and generates higher costs for society as a result of absence, illness, and incapacity for work. Effective treatment of adult ADHD is possible, and improved drugs are available, but still only a few mental health professionals have been trained in the diagnostic assessment and treatment of this common disorder. This leads to underdiagnosis and undertreatment of adult ADHD, which increases the risk of chronicity.

Now that the diagnostic assessment of adult ADHD has been increasingly validated, it is time to train medical students, psychology students, and psychiatry residents. The third edition of this book was written for them as well as for psychologists, psychiatrists, mental health professionals, and other interested parties and aims to provide a quick overview of the current state of the science and of the diagnostic assessment and treatment of adult ADHD in clinical practice.

The third edition has been thoroughly revised and updated on the basis of the latest scientific research. A lot more is known about the prevalence of adult ADHD in the general population of Europe and the USA as well as in countries such as Lebanon and Mexico. The common patterns of comorbidity in adults with ADHD, including personality disorders, sleep phase disorders, seasonal depression, and bipolar II disorder, are discussed in detail. A possible overlap and misdiagnosis among girls and women with ADD or chronic fatigue syndrome is explored using recent research. There is a chapter on the new evidence regarding chronic sleep problems associated with ADHD and the possible consequences for general health (such as obesity, diabetes, cardiovascular diseases, and cancer). There are also sections on ADHD and intelligence, sexuality, dyslexia, and autism. The section on the neurobiological background to ADHD, including research into so-called endophenotypes, has been expanded.

New diagnostic tools have been developed: the structured *Diagnostic Interview for Adult ADHD (DIVA)*, and an ultrashort and somewhat longer screening tool, all based on the DSM-IV criteria for ADHD. These are included as appendices at the

back of the book. The nonvalidated screening list in the second edition has been replaced by the *self-report questionnaire for attention problems and hyperactivity*, information about which is available from Dutch population research. The strategy of the introductory group, as used by PsyQ, psycho-medical programs, has also been included. In this group new patients with ADHD receive psychoeducation about diagnostic assessment and treatment.

As far as the treatment is concerned, the chapter on psychoeducation has been extended to include tools on how to provide patients with suitable information at various points during the treatment. The long-acting stimulant drugs and other new drugs available for ADHD are discussed, as is the position that the drugs hold with regard to each other, the order of treatment in the case of comorbidity, dosing, effectiveness, side effects, duration of the action and timing of doses over the day, along with the combining of stimulants with each other and with other drugs. The increasing experience with individual and group coaching and cognitive behavioral therapy has been integrated into the chapter on the psychological treatment of adult ADHD. Finally, a new chapter has been added about the setting up and organization of a department for adult ADHD with a multidisciplinary team. References, websites, and useful addresses have all been updated.

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