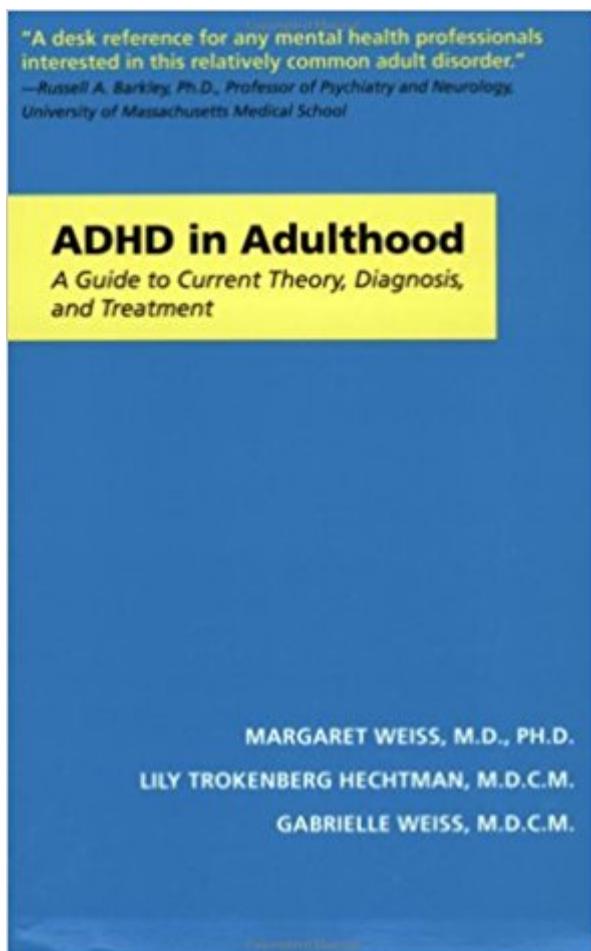


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# ADHD In Adulthood: A Guide To Current Theory, Diagnosis, And Treatment



## **Synopsis**

How does ADHD manifest itself in adult life? In general, the authors write, hyperactivity tends to diminish with age, impulsivity changes quality, and attention problems remain the same although they may become more disabling as organizational demands increase. The authors carefully answer the questions often posed by professionals and patients about these symptoms and other issues. They describe the diagnostic interview and the use of rating scales and include examples of the scales. They also provide a well-balanced review of associated psychiatric conditions, such as mood and anxiety disorders, Tourette's syndrome, oppositional and conduct problems, and substance abuse. Descriptions of all the primary approaches to treatment—medication, psychological therapies, and environmental restructuring—include vivid case examples.

## **Book Information**

Series: Guide to Current Theory, Diagnosis, and Treatment

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## **Customer Reviews**

Although written for the professional community involved in diagnosing and treating ADD, I found the book to be just as accessible and helpful to the lay reader. The authors are very credible in delivering the information from an objective point of view. A number of topics are discussed in detail concerning assessment of ADD in adults, its coexistence (comorbidity) with other disorders, current drug and behavioral interventions, the effects of ADD within the family and community, and the impact of ADD on individuals throughout their lives. As it is an "academic" text, each chapter is thoroughly referenced (which I like, because then I get to analyze their info sources). I found the

guide to stimulant medications helpful --it was the most information I've uncovered thus far (next to Mosby's Drug reference guides)--as this form of treatment particularly concerns me. I was also moved by the personal stories of people interviewed who have been dealing with ADD, as some of the stories really hit home. OKAY, the book is NOT CHEAP, most books published by academic presses (John Hopkins in this case) are not. The writing is pretty straight-forward, perhaps even somewhat "reserved", but it is not geared for the self-help, everybody's-gotta-publish-their-opinion market. You will not see this book endorsed on Oprah. Decide for yourself if this book fits your budget, but do try to get a peak at its content through your local community or college library. You might even luck out, like I did, and find a first-printing hiding in the back shelves at a local bookstore for a reduced rate.

Volunteering in my community in the area of ADHD, I find the biggest mistake people make is trying to get help on the cheap. They go to therapists and physicians who don't understand ADHD -- and offer suffer severe consequences because of it. They might be treated with anti-depressants and, when that doesn't work, labeled as treatment-resistant. They might be told they are passive-aggressive or have other labels affixed, mostly labels for which there is no effective therapeutic treatment (because the behaviors are biologically based, but many therapists don't know that!). Even in cities with highly trained physicians and therapists, the level of knowledge about ADHD can be appalling. That's why it's critical, if you think you might have ADHD, that you get educated first as a mental health care consumer. And I cannot imagine a better source than this book, from three preeminent clinicians and researchers in this field. Read this book, and you will know more than 95% of therapists and physicians. Yes, I know that is a scary thought, but it is reality. And, this reality will help you immensely in your evaluation and treatment process. ADHD can be a costly disorder -- in jobs lost, marriages lost, bankruptcies, traffic violation fines, etc. It can also take up to five years for most people with ADHD to find care providers who offer effective treatment. By any standard, this book could save you not only money but years of frustration and suffering. It's cheap at any price. Gina Pera

I saw the book at a convention, but I couldn't afford it. I will try the library. Maybe I can find the book there.

... the publisher felt obliged to charge so much for this book, especially when other books written by experts in the field cost no more than a third this much. Gee, I wonder if that has something to do

with its sales rank? I hope to see this one on the bargain tables before the state of the art information becomes dated.

I agree, it looks like a helpful book but unfortunately I can't afford it

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