

American Professional Society of ADHD and Related Disorders (APSARD)

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The first U.S. guidelines for adult ADHD to be released by the American Professional Society of ADHD and Related Disorders (APSARD.org)

The American Professional Society of ADHD and Related Disorders (APSARD) announces plans to develop and publish guidelines for the diagnosis and treatment of ADHD in adults. As there are currently no guidelines in the United States, the APSARD guidelines will address this critical need for health care providers, patients, and the public. The APSARD guidelines will be based on a critical review of the world's scientific literature, the APSARD-developed Adult ADHD Quality Measures initiative (<https://pubmed.ncbi.nlm.nih.gov/30511593/>), and expert opinion from a large panel of diverse nationally and internationally recognized ADHD researchers and clinicians in collaboration with other professional organizations.

The consequences of untreated ADHD in adults are very well documented (www.ADHDvidence.com/ics). The prevalence of ADHD in U.S. adults is 4.4% or ~11 million people. Many adults with ADHD go undiagnosed for decades or are misdiagnosed by providers. Surprisingly, 75% are not receiving treatment. The U.S. economic burden of adult ADHD is \$105 to \$194 billion annually, and the negative consequences on peoples' lives include higher risks of dropping out of school, losing jobs, financial debt, divorce, fractured relationships, substance use disorders, and co-occurring depression/anxiety. Adult ADHD treatment is currently provided by a broad range of health care providers with different educational backgrounds and in different practice settings. The creation of guidelines for ADHD in adults will allow all practitioners to benefit from the best evidence about diagnosing and treating the disorder.

Dr. Ann Childress, President of APSARD, states that "The absence of guidelines in the U.S. will be answered by our organization under the parameters of the Institute of Medicine (<https://www.ncbi.nlm.nih.gov/books/NBK209539/>). Our evidence-based guidelines will advance the care of patients everywhere in this country. Doctors are often surprised to hear that there are no guidelines for adult ADHD in the U.S." She goes on to say, "Whether diagnosis and treatment is provided in office or online, the standard of care should be the same throughout the country."

The Guidelines Committee will be chaired by two internationally acclaimed experts in adult ADHD: Thomas Spencer MD (Massachusetts General Hospital, Retired) and Frances Levin, MD (Columbia University). Both have decades of experience in both clinical work and research about ADHD in adults. They will be joined on an Executive Committee by Lenard Adler, MD (NYU Grossman School of Medicine), Stephen Faraone, PhD (SUNY Upstate Medical University) and David Goodman, MD (Johns Hopkins School of Medicine) to guide the process, in collaboration with approximately 30 colleagues with diverse backgrounds (psychiatrists, psychologists, primary care physicians, and nurse practitioners).

The Guidelines Committee is already hard at work, and we expect the Guidelines to be available for the field in 2023.

About APSARD: APSARD (www.APSARD.org) is an organization consisting of a broad spectrum of allied mental health experts working to improve the quality of care for patients with ADHD through the advancement and dissemination of research, and evidence-based practices. APSARD fills unmet education and training needs for healthcare professionals helping patients with ADHD, from childhood through adulthood.

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