

ADHD ADOLESCENT STUDY AT A GLANCE

Overview

What is this program about?

- To guide adolescents with ADHD to learn skills that will help them with the challenges (i.e. organization, time management, and study skills) they face in school, home and with their peers.

Who is this program for?

- Adolescents with ADHD between the ages of 13 and 17 years old.

How long will this program last?

- Approximately 1 year.
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How many appointments will I have?

There are four Phases to this program:

Phase 1:

- The program will first be explained to you and your parents and then you will meet with a doctor.
- There will be an evaluation period to see if this program is right for you:

Phase 2:

- If you are eligible for the study, you can choose if you want to be on medication for your ADHD or not.
- If you choose to be on medication you will meet with the doctor to find the right type and amount of medication for you.

Phase 3:

- You will be randomly (by chance) placed into one of the three groups offered in the program. We do not have any control over which group you participate in, it is really done by chance, like the flip of a coin.
- Cognitive Behavioral Therapy group (CBT)
 - If you are in this group, you will come to the clinic once a week (1.5 hours) afterschool for 12 weeks.
 - You will learn strategies to cope with academic work and social situations (i.e., organization, time management, study skills).
 - You will also be assigned a coach who will call you at prearranged times for 5-10 minutes to help implement the strategies learned in the group.
- Peer Support Group
 - If you are in this group, you will come to the clinic once a week (1.5 hours) afterschool for 12 weeks.
 - Strategies to cope with academic work and social situations (i.e., organization, time management, study skills) will be generated in the group discussions. As a group, you will discuss challenges and find solutions that will be helpful.
 - You will be assigned a coach who will call you at prearranged times for 5-10 minutes to help implement the strategies arrived at in the group.

- Treatment as Usual Group
 - You may choose any resources available to you in the community (no appointments at the hospital).

Phase 4:

- After the 12 weeks you will have another assessment to see if the program has helped you. We will continue to follow you for another 8 months and there will be 2 more assessments during that time (after 4 months and at the end of the 8 months) to see how you are doing.
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What will I be asked to do?

At Appointments

- Answer questionnaires and complete the skills assessments with the Research Assistants
- Meet with doctors to review your progress

During groups (CBT and Peer Support Group)

- Participate in group discussions with other adolescents with ADHD, your group leaders and your coaches. The groups are meant to be a safe and enjoyable experience where free and open discussion is permitted and encouraged. What happens in the group is confidential.
- Answer and participate in coaching calls with your coach.

Questions? Please feel free to call us at 514-412-4400 ext. 23286