

# Resources for Attention Deficit Hyperactivity Disorder (ADHD)

Developed by Centers for Family Change

<http://www.centersforfamilychange.com>

## Web Resources for ADHD in Children, Adolescents and Adults

The following websites have been reviewed by our staff and have been found to offer sound information on ADHD. We have listed only 6 websites because in our view these websites are all excellent resources, which provide extensive information on ADHD. These websites are scientific; the information provided is research based. Moreover, none of them are “selling” services in a way that would compromise their objectivity, a problem with many existing websites.

<http://www.russellbarkley.org/factsheets.html>

This is Barkley’s own site, with a specific link to his "Fact Sheets" on ADHD. While this site heavily promotes Barkley's books, lectures and professional activities his "Fact sheets" are a very solid source of information on ADHD, from the leading expert in the field. Fact Sheets include: a general fact sheet on ADHD, a discussion of classroom management strategies, a discussion of executive functioning, and a new discussion of "sluggish cognitive tempo" and a second type of attention deficit disorder. There is also an internet lecture, by Dr. Barkley, designed for parents, which is well worth viewing. This lecture, along with a number of other interesting lectures on ADHD by Dr. Barkley, can be found at: <http://www.adhdlectures.com/index.php>.

<http://www.drthomasebrown.com/>

Tom Brown, Ph.D., offers a slightly different model of ADHD than Russell Barkley. His emphasis on and discussion of Executive Functioning is both illuminating and thought provoking. His recent work on ADHD, **A New Understanding of ADHD in Children and Adults: Executive Function Impairments**, outlines his model of ADHD (see below for details).

[www.chadd.org](http://www.chadd.org)

This is the website for Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD), a national support and advocacy group for persons with ADHD.

This site offers a wealth of information on ADHD from basic information, to updates on the latest research, to newsletters and support group listings. In addition, there is much helpful material, for parents, on how to work with schools regarding their child's ADHD. One note of warning, CHADD receives a percentage of their funding from pharmaceutical companies (see [The Over-diagnosis and Over-treatment of ADHD](#) in our ADHD Blog) which discusses this issue and other concerns about the influence of the Pharmaceutical Companies in the discussion of the assessment and treatment of ADHD.

<http://www.parentsmedguide.org/>

This is a site developed by the [American Psychiatric Association](#) and the [American Academy of Child and Adolescent Psychiatry](#).

This site provides solid information about medication treatment, including risks and side-effects. It also offers additional information on many aspects of ADHD. This is a good resource for parents seeking information on medication treatment. This website also details the lack of evidence supporting alternative treatments effectiveness. Finally, this site has good information on medication treatment for other psychiatric disorders.

<http://www.relatedminds.com/adhd/>

This is a site of a Canadian psychologist.

If you click on “ADHD” on his site he details his approach to assessing and treating ADHD. He provides a solid discussion of the assessment and treatment. He also offers links to various resources. Please note that there are some differences in our approach to assessment. We hope this is not confusing.

<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

This is the website for the National Institute of Mental Health.

This Government website offers much information on ADHD including: general information, fact sheets and booklets, and updates about the latest research.

## **Books for Parents of Children or Adolescents with ADHD**

### **Taking Charge of ADHD: The Complete and Authoritative Guide for Parents (Third Edition)**

**By Russell Barkley, Ph.D., ABPP, ABCN**

An extremely well written book that thoughtfully and thoroughly explains ADHD, by internationally renowned ADHD expert Russell Barkley, Ph.D.. This book offers a thorough explanation of ADHD, guidelines for assessment and treatment, and also provides step-by-step behavior management techniques for children, current information on medications, and advice/strategies on how to help children with ADHD in school and in social situations.

### **Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood, Revised edition.**

Edward M. Hallowell, & John J. Ratey, Touchstone, New York, 2011.

A revised edition of one of the early works on ADHD in adults. Not as scientifically based as some of Barkley's work, but still useful in understanding the impact of ADHD. Hallowell has also written two companion books. **Delivered from Distraction** and **Answers to Distraction** which offer practical advice and recommendations regarding ADHD.

### **Teenagers with ADD- A Parent's Guide**

**By Chris Zeigler Dendy**

This book discusses the characteristics of ADHD in teenagers and methods for overcoming these difficulties. Throughout the book are the voices of teens, parents, teachers and professionals who describe the peaks and valleys of life with ADHD and provides insight and support.

**The ADHD Workbook for Kids: Helping Children gain Self-Confidence, Social Skills and Self-Control**

**By Lawrence Shapiro**

This workbook includes more than forty activities for kids developed by Child Psychologist Lawrence Shapiro. These activities can help your child with ADHD handle everyday tasks, make friends and build self-esteem.

**Your Defiant Child: Eight Steps to Better Behavior**

**By Russell Barkley, Ph.D. & Christine Benton, Ph.D.**

A very useful workbook that offers concrete advice to parents on addressing defiant behavior, which is a common problem for children with ADHD.

**Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship**

**By Russell Barkley, Ph.D. & Arthur Robin, M.D.**

A very useful workbook that helps parents resolve conflicts with and find more effective ways to communicate with their teenagers.

**Smart but Stuck: Emotions in Teens and Adults with ADHD** by Tom Brown, Ph.D.

A useful examination of emotions and ADHD, with more of an emphasis on a practical understanding of these issues.

**Books for Adults with ADHD**

**Taking Charge of Adult ADHD, By Russell Barkley, Ph.D., ABPP, ABCN**

A version of Taking Charge of ADHD, for adults. In this book Barkley examines ADHD in adulthood: how to best understand Adult ADHD; the ways in which ADHD affects adults; the evaluation process; guidelines on medication; and strategies for managing one's ADHD

**Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood**

**By Edward M. Hallowell, & John J. Ratey**

Less scientifically based, but still useful in understanding the impact of ADHD. Hallowell has also written two companion books. **Delivered from Distraction** and **Answers to Distraction**, which offer practical advice and recommendations regarding ADHD.

**Is It You, Me, or Adult A.D.D.? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder**

**By Gina Pera**

A new self-help book, that offers more up to date information than either Murphy or Hallowell. With a foreword by Russell Barkley.

**Out of the Fog: Treatment Options and Coping Strategies for Adult Attention Deficit Disorder**

**By Kevin R. Murphy, Suzanne LeVert & Joel Peter Johnson.**

This book offers a concise discussion of ADHD in adults, including information on the disorder, its assessment, and treatment. The second half of the book offers tips and strategies for managing ADHD in adulthood.

A staff favorite.

**Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction**

by Mary Solanto, PhD., Guilford Press, New York, N.Y., 2011.

Written for clinicians, this book offers a detailed approach to treating ADHD in adults, using Cognitive Behavioral Therapy (CBT). Recent research has offered increasing support for CBT in being helpful for adults with ADHD.

**The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps**

**By Melissa Orlov**

This book was awarded “Best Psychology Book of 2010” by Foreword Reviews. The author discusses specific problems in marriage when one spouse has ADHD such as: nagging, intimacy problems, sudden anger and memory issues.

**IF YOU WANT IN-DEPTH SCIENTIFIC DISCUSSIONS OF ADHD WE RECOMMEND**

**ADHD in Adults: What the Science Says**

**By Russell A. Barkley, Kevin R. Murphy & Mariellen Fischer,** Guilford Press, 2010.

If you want a scientific book, that offers the most extensive and research based examination of ADHD in adults, than this is the book to get. However, a warning: this book is slow going and research based. It is written for professionals.

**Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment**

**By Russell Barkley, Fourth Edition.** Guilford Press, N.Y., 2015.

The definitive work on ADHD. Contains detailed discussions of ADHD including a broad theoretical discussion on how to best understand ADHD, the latest research findings on ADHD, and reviews of research on the assessment and treatment of ADHD. This book is encyclopedic in its breadth and depth.

## **A New Understanding of ADHD in Children and Adults: Executive Function Impairments**

By Thomas E. Brown. Routledge, New York, N.Y., 2013

A thoughtful examination of ADHD as a disorder of Executive Functioning. Brown strives to integrate research on ADHD to develop a more complete understanding of ADHD. He also discusses appropriate treatment strategies. A thought provoking book, based on scientific research rather than opinion..

## **Other ADHD Resources**

### **ADHD and the Nature of Self Control**

By Russell Barkley

Guildford Press, N.Y., 1997.

### **ADHD in Adults and Children: The Latest Assessment and Treatment Strategies**

By C.K. Conners & J.L. Jett

MHS, North Tonawanda, N.Y., 1999.

### **Defiant Teens: A Clinician's Manual for Assessment and Family Intervention**

By Russell Barkley, Gwyneth Edwards & Arthur Robin

Guilford Press, N.Y., 1999.

### **Diagnostic and Statistical Manual of Mental Disorders**

American Psychiatric Association. 5th ed. Washington, D.C.: American Psychiatric Association, 2013.

### **Diagnosis and Evaluation of the Child with Attention-Deficit/Hyperactivity Disorder**

American Academy of Pediatrics Committee on Quality Improvement, Subcommittee on Attention-Deficit/Hyperactivity Disorder. Pediatrics 2000; 105: 1158-1170.

### **Managing Attention Deficit Hyperactivity Disorder in Children, 2<sup>nd</sup> Edition**

By S. Goldstein & M. Goldstein

John Wiley & Sons, N. Y., 1998.

### **Parents and Adolescents Living Together**

By Gerald Patterson & Marion Forgatch

Castalia, Eugene, Or, 1989.

### **Put Yourself in Their Shoes: Understanding Teenagers with Attention Deficit Hyperactivity Disorder**

By D. Parker & H. Parker

Specialty Press, Plantation, Fl. 1999.