

Resources for Attention Deficit Hyperactivity Disorder (ADHD)

Developed by Centers for Family Change

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 sites because in our view these sites are all excellent resources, which provide extensive information on ADHD. These sites 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.

www.russellbarkley.org

This is Barkley’s own site.

While it promotes his many activities and products his “Fact Sheet” provides detailed information on the characteristics of ADHD and its treatment. The “Fact Sheet” also provides information on additional resources for parents, teachers and professionals. This is an excellent resource for those who want information directly from one, if not the leading expert on ADHD.

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.

www.parentsmedguide.org

This is a site developed by the American Academy of Child and Adolescent Psychiatry and American Psychiatric Association.

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.

www.relatedminds.com

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 Russell Barkley’s approach to assessment and treatment. While his position is very similar to ours, in terms of treatment and assessment, it can be helpful to see another unrelated professional advocating a similar approach and way of understanding ADHD. He also offers links to various resources.

www.nimh.nih.gov/health/topics

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

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

www.psychcentral.com

This site is a clearing house for mental health resources.

This site offers much information on ADHD. It provides information on the nature of ADHD, and its assessment and treatment. It also provides updates on new research and a wealth of resources, from book recommendations to support groups to other web resources. The information is solid and research based. Again, we like this site because of it relies on current research. However, it's one drawback, those pop up ads that are everywhere.

Books for Parents of children or adolescents with ADHD

Taking Charge of ADHD, Revised Edition, by Russell Barkley, Ph.D., Guilford Press, N.Y., 2000.

An extremely well written book that explains ADHD thoroughly, and details how it should be assessed and treated.

This is the book to read if you want to understand ADHD.

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.

Books for adults with ADHD

ADHD in Adults: What the Science Says, Russell A. Barkley, Kevin R. Murphy, and Mariellen Fischer, Guilford Press, 2007.

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.

Out of the fog: treatment options and coping strategies for adult attention deficit disorder, Kevin R. Murphy, Suzanne LeVert, Hyperion, 1995.

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.

Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood, Edward M. Hallowell, & John J. Ratey, Touchstone, New York, 1994.

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, Pera, G. Alarm Press, 2008.

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