

Suggested Interview Questions For Adult ADHD

Kenny Handelman, M.D.

author of ATTENTION *DIFFERENCE* DISORDER:

How to Turn Your ADHD Child or Teen's Differences into Strengths in 7 Simple Steps

Basic Questions:

1. What is ADD?
2. What's the difference between ADD and ADHD?
3. Is ADD real?
4. I thought ADD/ADHD was just for kids – can adults really have it?
5. How does ADD impact adults who have the condition?
6. Are medications needed for Adult ADD?
7. Are there any alternatives to medication which may be helpful?
8. If someone listening thinks they may have adult ADD (or they think their loved one does) what are the steps they should take to get help?

More Advanced Questions:

1. How can the differences exhibited by adults with ADD be turned into strengths?
2. What are the risks to adults with untreated ADD? How does it impact their lives?
3. Is ADD hereditary?
4. Are the adults with ADD often impacted by co-existing conditions?
5. What is "executive functioning" and how can it be improved?
6. Why can an adult with ADD exhibit brilliance one day followed by weeks of struggles?
7. Why do you think that combination treatment—including both medication and therapy—yields the best results?
8. Are there side-effects to ADD medications?
9. Why do you refer to "Complementary" rather than "Alternative" treatments?
10. Once an effective treatment is found, how long will it last?
11. Is ADD a gift?