Cognitive-Behavioral Therapy for Adult ADHD: A Randomized Clinical Trial in China

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Abstract

Objective:
Cognitive-behavioral therapy (CBT) is effective for adult ADHD, and booster sessions may improve long-term outcome. This study was designed to investigate the effects of group CBT and its booster sessions for Chinese adult patients with ADHD.

Method:
There were CBT only group (n = 43), CBT +booster group (n = 43), and control group with patients on the waiting list (n = 22). The primary outcome was the score of the ADHD–Rating Scale (ADHD-RS). Secondary outcomes included emotion, executive function (EF), impulsivity, self-esteem, and life quality at 12th and 24th week.

Results:
At 12th week, the score of ADHD-RS, EF, and impulsivity showed significant improvement in CBT +booster group comparing with control group. At 24th week, differences between CBT only group and CBT +booster group were not significant.

Conclusion:
CBT was effective for Chinese adult patients with ADHD. Booster sessions do not appear to provide additional benefits.