Adult attention-deficit/hyperactivity disorder (ADHD) has always been a difficult-to-diagnose disorder for clinicians. This is mostly due to the lack of authentic diagnostic tools for adults, as well as because the Diagnostic and Statistical Manual of Mental Disorders, fifth edition, criteria for an ADHD diagnosis require evidence of symptoms present before age 12 years, which is not always known. Although ADHD symptoms were described more than 100 years ago in children, it is only in recent times that the adult form has received appropriate clinical attention; there are now medications approved by the US Food and Drug Administration to treat adult ADHD.