The Role of Psychologists in Adult Attention-Deficit/Hyperactivity Disorder Testing

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Adults are commonly evaluated for attention-deficit/hyperactivity disorder (ADHD) in the outpatient psychiatric setting. There are numerous challenges present in attempting to make the diagnosis in adults. The diagnosis often occurs only after a thorough history taking, review of previous medical/school records, and the administration of psychometric testing. Neuropsychological testing may not be indicated in every situation but may be most helpful in cases in which there is suspicion of a comorbid disorder that may result in symptoms that appear similar to ADHD or when there are complex medical, emotional, and cognitive processes that may influence attention and concentration. Treatment providers should be aware that ADHD remains a clinical diagnosis and that neuropsychological testing may or may not be abnormal in adults with ADHD. Treatment may include both pharmacologic options as well as behavioral treatments and/or psychotherapy.