Zombie Ideas About Adult Attention-Deficit/Hyperactivity Disorder

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Adult attention-deficit/hyperactivity disorder (ADHD) presents a host of challenges for clinicians. Some don't believe it exists. Most don't routinely screen for it if they do believe it exists. Many fear the fundamental treatments for it because the stimulants can be abused by the people who receive treatment legitimately or treatment can be diverted from them to others who would use them inappropriately. Overtreatment of ADHD, rather than undertreatment, is considered a main public health problem. Finally, many others don't know what to make of the high frequency of comorbid conditions—are the symptoms of the ADHD syndrome due to ADHD or cognitive/attentional/emotional dysregulation aspects of the comorbid conditions (major depressive disorder, bipolar disorder, or anxiety disorders to name a few)? The lack of clinically useful biomarkers (as with all psychiatric disorders) adds to clinicians' confusion even further.