

ADHD Mobile App Feasibility Test for Adults

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Abstract

Attention-deficit hyperactivity disorder (ADHD) is characterized by inattention and/or hyperactivity/impulsiveness. For many adults, ADHD remains undiagnosed and/or untreated impacting their quality of life. There is a growing interest to use mobile technology interventions as a complementary support for mental health issues. Mobile apps could be usefully personalized for helping adults in managing ADHD issues. The aim of this study is to examine perceived helpfulness, ergonomics and willingness to use of an ADHD mobile app based on the PAPM model. A sample of 6 ADHD patients tested the ADHD mobile app prototype and were interviewed about their satisfaction and the perceived helpfulness of the app. Data indicate that participants were very satisfied with ADHD app and perceived it as being moderately to very helpful regarding their ADHD symptoms. These findings suggest that the app has the potential to be an effective self-management tool for ADHD.