

## Psychological interventions for families of children with ADHD, what are the issues that matter?

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Attention-deficit hyperactivity disorder (ADHD) is a prevalent neuro-developmental disorder with substantial impact on daily functioning. It runs a relatively stable and chronic course and is predictive of functional impairment through adolescence, often despite treatment with medication. ADHD is associated with long-term burden to families and health, social, educational, and criminal justice systems. Greater clarity about the efficacy of treatment options for ADHD are required. Behavioural interventions are often recommended as the first-line treatment for younger and less symptomatic children with ADHD and are often favoured by parents over medication.

The aim of this presentation is to provide answers using a hierarchy of evidence from meta-analyses to clinical opinion, to a set of curious questions about behavioural interventions for ADHD. The focus of the presentation will be on i) Treatment benefits including impact of intervention on child and family outcomes ii) Therapeutic content & delivery including mode of delivery and therapist factors iii) Treatment indications and contraindications including should we focus on parents with poor parenting practices and are parenting preferences important? and iv) Relationship to other psychological treatments exploring what other forms of psychological treatment should be offered to optimise the impact of behavioural intervention.

The discussion will be pragmatic and clinically focused and will aim to equip the audience to better tailor psychological interventions for ADHD. Lively audience participation is not only encouraged but expected and for this presentation required!