Adults with putative attention deficit hyperactivity disorder (ADHD) are increasingly being referred to psychiatric clinics, often following a self-diagnosis, and demanding a prescription for stimulant medication. This has disconcerted many clinicians and started a debate on the appropriateness of this diagnosis in adults (Shaffer, 1994; Lomas, 1995; Diller, 1996) that is reminiscent of the controversies of the childhood diagnosis in previous years (Lancet, 1986). Adults with putative attention deficit hyperactivity disorder (ADHD) are increasingly being referred to psychiatric clinics, often following a self-diagnosis, and demanding a prescription for stimulant medication. Attention-deficit/hyperactivity disorder (ADHD) is a disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. Inattention means a person wanders off task, lacks persistence, has difficulty sustaining focus, and is disorganized; and these problems are not due to defiance or lack of comprehension. Specific behavioral classroom management interventions have been shown to be effective for managing youths’ symptoms and improving their functioning at school and with peers. The National Resource Center on ADHD, a program of Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD®) supported by the Centers for Disease Control and Prevention (CDC), has information and many resources. Table of contents. ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting ADHD Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) — read a free preview online. Leave comments and reviews, vote for your favorite. Post a review.