

Mindful Continuing Education

Adult ADHD and Substance Use Disorders

The Definition of ADHD

1. According to the Diagnostic and Statistical Manual of Mental Disorders, one essential feature of ADHD is a persistent pattern of inattention that interferes with normal functioning and development, and that is manifested by wandering off task, being disorganized, and:

- A. Poor listening skills
 - B. Decreased motivation
 - C. Lacking persistence
 - D. Frequent emotional outbursts
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Adult ADHD

2. In middle-aged and older adults, the occurrence of depression and anxiety symptoms tend to increase as the number of ADHD symptoms increases.

- A. True
 - B. False
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Treatment of ADHD

3. Each of the following is an accurate statement about the ADHD treatment EXCEPT:

- A. ADHD is treated with several different kinds of stimulant medications, including methylphenidate, dexamethylphenidate, dextroamphetamine, dextroamphetamine-amphetamine, and lisdexamfetamine dimesylate
 - B. Studies have shown variability in the adult response rate to stimulant medications, but on average, they tend to respond very differently to stimulants than children and adolescents
 - C. ADHD may be treated with nonstimulant medications, such as atomoxetine, which is approved by the Food and Drug Administration (FDA) for people of all age groups
 - D. Whether nonstimulants are as effective as stimulants at controlling ADHD symptoms is an open question, as research involving direct comparisons of stimulant and nonstimulant medication is lacking
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Substance Use Disorders Among Adults With ADHD

4. Although one of the major concerns about prescribing stimulant medications for children with ADHD is that the stimulants may lead to an increased risk of developing an SUD later on, research has clearly demonstrated that the use of such medication by young people protected against risk for SUDs later in life.

- A. True
 - B. False
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Misuse of Prescribed Stimulants by People Without a Prescription

5. Research has shown that people who habitually use diverted stimulant medication are more likely to have ADHD symptoms and be may be self-medicating, and that among adolescents and young adults, there is an association between use of diverted prescription stimulants and:

- A. Depression
 - B. Sleep disturbance
 - C. Anxiety
 - D. Eating disorders
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6. Which of the following accurately describes The ADHD Self-Report Scale-V1.1 (ASRS-V1.1) Screener?

- A. It is a well-regarded, brief screening tool that can be administered in about one minute
 - B. Although the test screens for the presence of symptoms, it does not determine whether they began in childhood
 - C. In a large international study of adults seeking treatment for SUDs, the test was better at ruling out ADHD than reliably identifying the disorder
 - D. All of the above
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Treatment of Co-Occurring ADHD and SUDs

7. Whether stimulant medications should be first-line therapy for people with co-occurring ADHD and SUDs is an active area of research, although the risk of stimulant medication abuse does not seem to be appreciably higher in people with co-occurring ADHD and SUDs than in those with ADHD alone.

- A. True
 - B. False
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