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## *Have You Tried?*

October is AD/HD Awareness Month. Did you know....

*Recently published studies have shown that AD/HD is a risk factor for contracting Covid 19.*

*Fewer AD/HD symptoms are observed in girls who are active in youth sports.*

*Women with AD/HD are one-third less likely to be diagnosed than men, even though the disorder is equally represented in both sexes and causes more impairment in women.*

*New treatment modalities for AD/HD includes digital therapeutics. A new game-based digital therapy was approved by the FDA following a study that showed improvement with inattention in children ages 8-12 years who were not on medication.*

AD/HD is a complex disorder characterized by symptoms of inattention, hyperactivity, impulsivity, and self-regulation. While many websites and publications offer information and resources, the information provided may not always be accurate and credible in nature. As a result, obtaining reliable, objective and factual information can be challenging; especially for parents. It is important in our work with families to provide research and evidence-based information to parents of children with AD/HD and our adult clients. Here are a few trustworthy sources:

CHADD.org (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

ADD.org (Attention Deficit Disorder Association)

ACO (ADHD Coaches Organization)

CDC.gov (Centers for Disease Control and Prevention)

Addiva.net (ADHD Women: Born to be Extraordinary)

RussellBarkley.org (well-respected expert in the field dedicated to education and research on AD/HD)

If you have any questions, please feel free to contact me at [drmburns@gmail.com](mailto:drmburns@gmail.com)