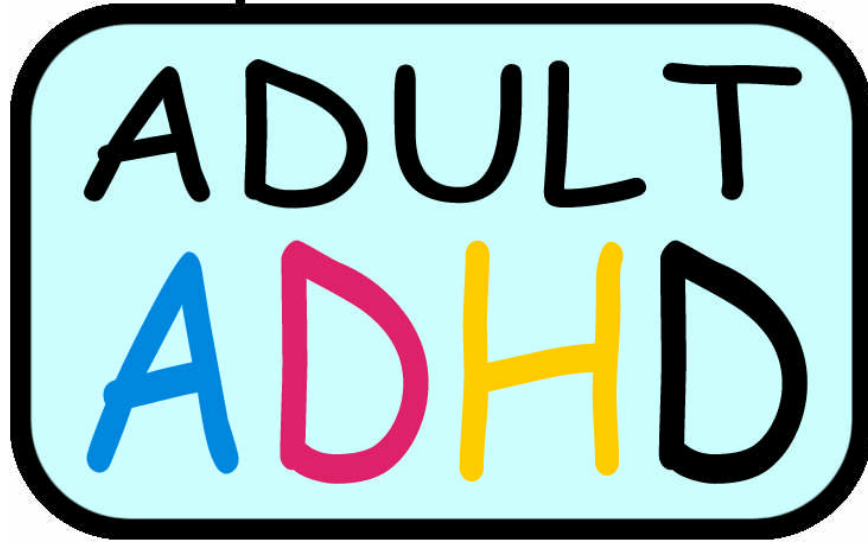


European Network



First Meeting of the European Network Adult ADHD

19th September, 2003

Prague

Introduction

The European Network Adult ADHD was founded in November 2002 by Sandra Kooij of the Netherlands. The network aims to bring together an independent group of professionals with experience in the diagnosis and treatment of adults with attention deficit hyperactivity disorder (ADHD). Although there are some excellent services for adults with ADHD in Europe, there is still a need to advance the recognition and treatment of adult ADHD in Europe, and it is hoped that the European Network will achieve this. The Network will also serve as a platform for further research into adult ADHD in Europe as well as providing information on adult ADHD to professionals and the public in a range of languages.

Current situation in Europe

There is a growing surge of interest in the diagnosis and treatment of adults with ADHD across Europe, however ADHD in adults is not widely recognised. The Netherlands and Norway are leading the way, with well organised services for adults with ADHD. Across the rest of Europe, there is often a gap in services after childhood as adult psychiatrists are not yet familiar with adult ADHD. Members of the Network are working to bridge the gap, and ensure continuity of treatment.

Aims of the European Adult ADHD Network

1. Raising awareness that ADHD is a lifelong condition

Possible activities include:

- Publication of a European Consensus Statement on adult ADHD
- European educational programmes and workshops
- Collaboration with patient organisations and media contacts
- Website, electronic newsletter
- European authored textbook on adult ADHD

2. Improving diagnosis and treatment in Europe

A number of initiatives aimed at improving diagnosis and treatment on adult ADHD in Europe were discussed. These included:

- European educational programmes and workshops
- A conference schedule

- Publication of a European Consensus Statement and clinical guidelines for diagnosis and treatment of adult ADHD in Europe
- To get adult ADHD included in the training of new professionals in mental health hospitals and universities
- Inclusion of adult ADHD into standard interview schedules

3. Ongoing research and development of adult ADHD

The Network members were enthusiastic about the possibilities for collaborative research in Europe. Research ideas included:

- Development of objective tests, diagnostic tools and screening instruments for adult ADHD in Europe
- European validation study of one rating scale in different languages
- Collaborative research projects
- Electronic European Newsletter or a research website

4. Increasing availability and access to services

There is a need for patients to have better access to services across most of Europe. There is a gap in services after childhood, which leaves many patients with persisting symptoms with nowhere to go. Also, many parents are recognising ADHD in themselves following diagnosis in their children and have nowhere to turn. The group discussed activities that could help to increase availability and access to services. These included:

- Establishing national networks for adult ADHD, similar to the Netherlands
- Patient care service web-site
- Collaboration with patient organisations in Europe