The Myths & Realities of AD/HD

References used for presentation:


New York University Child Study Center. Website: http://www.aboutourkids.org

Helpful Websites:

http://www.aboutourkids.org - The New York University Child Study Center website

http://www.chadd.org - Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

http://www.add.org - Attention Deficit Disorder Association (ADDA)

http://www.ldanatl.org - Learning Disabilities Association of America (LDA)

http://www.nimh.nih.gov - National Institute of Mental Health (NIMH)

http://www.apa.org - American Psychological Association (APA)

http://www.addhelpline.org - This is a well-developed website by parents who have a child with AD/HD that provides resources for parents and teachers.

Helpful References:

NOTE: The following reference lists are compiled from a number of different sources. For those that have a summarization statement immediately following the citation, that explanation was taken directly from:

Books for Children and Teens:


An imaginative story conveying information on ADHD for young children.


A great illustrated book for kids with ADHD on the subject of taking medication for the management of hyperactivity.


A fine, brief book about ADHD written from a child’s perspective, showing both humor and sensitivity.


The only book of which I am aware that addresses the issues of being a sibling of a child with ADHD. A fine contribution to the children’s literature on ADHD.


This short illustrated story was one of the first to explain ADHD (hyperactivity) to children. It remains useful in this regard, despite the change in terminology from hyperactivity to ADHD.


A highly useful manual for young adults with ADHD or learning disabilities who are heading off to college, as well as for their parents. Filled with lots of tips for success in the college setting, which can often prove daunting to those with ADHD.

   A brief, warm, sensitive story about the impact of ADHD on school success and self-esteem, told from an older child’s perspective.

   A most informative text for parents of college students with ADHD, and for the students themselves, on surviving in the university environment with ADHD.

   Written expressly for children entering adolescence (or older); renders the information about ADHD in a thoughtful, caring, and upbeat manner.


Books for Parents and Teachers:


   An informative book for parents on ADHD and its management.


   An adaptation for parents of the widely used professional textbook Defiant Children. It describes a highly useful eight-step program for improving child behavior and reducing family conflicts.

A guide to parents on ADHD and the potential relationship between ADHD and substance abuse/addictions. Includes instructions on educational, medical, and family management.


An edited compilation of excellent essays on a variety of essays related to teens with ADHD.

Addresses some of the most commonly asked questions by parents concerning the nature of ADHD, its causes, and the best approaches to its management.


A quick and ready reference guide to over 300 “golden nuggets” of management tips for ADHD children and adults.


A superb set of books for parents on strategies for managing conflicts with adolescents. Good not only for parents of teens with ADHD but also for families experiences the normal stresses and conflicts that often arise in adolescents. The authors are widely recognized clinical experts on defiant and aggressive child and adolescent behavior.

One of the few books for parents on the subject of ADHD written by a parent, and one of the best. The author has become a lay expert on the subject of ADHD through her extensive work on the national level with CHADD.

A well-written, informative book for parents on hyperactivity (i.e., ADHD) and its management by two clinical experts on the subject.


Ingersoll, B., & Goldstein, S. (1993). Attention deficit disorder and learning disabilities: Realities, myths, and controversial treatments. New York: Doubleday. The best book for parents reviewing the unproven and disproven remedies offered to parents for treatment of children with ADHD; very helpful in sorting out the shams, fakeries, and other quack remedies for ADHD. Also provides a short review of the most useful and scientifically substantiated treatments for ADHD.


Plantation, FL: Specialty Press.

The foundling professional of CHADD and one of the strongest and most vigorous advocates for those with ADHD has prepared this highly useful workbook containing numerous strategies for working with children with ADHD at home and at school.


Dr. Parker provides a richly detailed book for psychologists, administrators, and educators on useful approaches to the recognition, evaluation, and management of ADHD within the school setting.


A veritable cookbook of techniques for helping children with ADHD succeed in school settings, from one of the most knowledgeable clinicians specializing in ADHD today.


Among the most up-to-date guides for parents on issues pertaining to the raising of teens with ADHD, from an expert clinician.


A guide to the legal rights of individuals with ADHD, particularly in regard to education.


A nicely written book for parents covering most of the major issues related to ADHD on which parents need information. It provides accurate, timely, sensitive, and practical information on ADHD.


Somewhat dated now, this was one of the first books for parents on hyperactivity in children. It was also the first containing a chapter on ADHD in adults, and for this reason adults with ADHD will also find the book useful. Still informative despite its date of publication.


Clearly the best book written for parents on this topic, with the most up-to-date information on psychiatric medications most likely to be used in the treatment of
children’s psychological and psychiatric disorders. The author is a nationally known expert in this field.


   A fine overview of current information on ADHD and its treatment for parents.


   A wonderfully written, detailed guide to a variety of strategies proven to improve homework time at home. Truly a family guide to solving common homework problems.

**Books for Adults With Attention Disorders:**


   A bestseller on ADHD in adults, written by two psychiatrists who profess to have ADHD themselves. Well-written, thoughtful, and filled with numerous informative case vignettes from their adult clients with ADHD, as well as with many useful tips on coping with the disorder.


   A nice addition to the literature on adult ADHD, providing numerous helpful suggestions for recognizing and dealing with the disorder.


   The most recent book for adults with ADHD by the chief of the adult ADHD clinic at the University of Massachusetts Medical School and a respected journalist. One of the most up to date and detailed books on the subject of ADHD in adults.

A book loaded with helpful advice on the day to day problems adults with ADHD are likely to encounter in the workplace and how best to deal with them.


Weiss, L. (1992). *Attention deficit disorder in adults*. Dallas, TX: Taylor Publishing Company. This is an informative, compassionate, and supportive text for adults with ADHD, written by a skilled therapist who treats many such adults, and loaded with tips for coping with ADHD in daily life.