

Box 4.¹ These tools can also be used to continue to track symptoms and response to treatment over time.

Note: Clinicians need to be aware that adult women may not score as high on standardized rating scales and that the norms for these tools are largely derived from male data [Expert Opinion].⁷

Box 4. Questionnaires to Detect ADHD Symptoms and to Assess Impact on Function in Adults¹

Adult ADHD Self-Report Scale (ASRS-v1.1)

- Designed to encourage dialogue between the clinician and patient to identify whether they have symptoms of ADHD and to prompt further questioning about functional impairment to assess if the patient meets the DSM-5 criteria (Appendix 1).
- Available at Attention Deficit Disorder Association: add.org/wp-content/uploads/2015/03/adhd-questionnaire-ASRS111.pdf.
- The Harvard Medical School has translated the adult ASRS-v1.1 in to multiple languages (www.hcp.med.harvard.edu/ncs/asrs.php).

Weiss Functional Impairment Rating Scale: Self Report (WFIRS-S)

- Provides insight on functional impairment across various domains for adults.^{1,25}
- Available at www.caddra.ca/wp-content/uploads/WFIRS-S.pdf.

Note: Additional ADHD assessment forms and resources are available on the CADDRA website (www.caddra.ca/public-information/adults/forms/).

Physical Examination and Additional Tests

15. There are no standard recommendations for the medical evaluation of adult ADHD.^{1,5}
 - a) A relevant clinical history and physical examination can help to guide investigations to eliminate medical causes that may contribute to or cause symptoms of ADHD (Table 2). This can also help to determine any at-risk conditions to consider prior to prescribing medications used to treat adult ADHD.
 - b) Heart rate, BP, and weight/BMI are important baselines prior to and for ongoing monitoring after starting treatment with stimulants.^{1,15,27}
 - c) There is no recommended routine blood work as part of an adult ADHD assessment.^{1,27}
16. A detailed cardiovascular history and examination is recommended to identify potential risks of psychostimulants.^{1,27} However, if there is no cardiac concern and the adult patient is not on medications that pose an increased cardiovascular risk, ordering an ECG (e.g., to assess for arrhythmias, long QT syndrome) is not required prior to prescribing medication for ADHD (Info point 28).^{1,27}
 - a) Screening questions should be asked regarding a personal history of unexplained presyncope/syncope, shortness of breath, or other cardiac symptoms, as well as family history of suspected cardiac sudden death. Any positive responses warrant a workup prior to starting ADHD medication. In addition, referral to a cardiologist is indicated for those with established or suspected CVD [Expert Opinion].^{1,21}
 - b) Data has not supported an increased risk of sudden death in ADHD patients with no cardiac risk factors relative to the general population.
 - A 2022 meta-analysis (19 observational studies from 6 countries comparing stimulants/non-stimulants; n=3.9 million across all age groups, including older adults; 61% male; median follow-up 1.5 years) found no significant association between ADHD medications and any CVD outcome.²⁸ However, heterogeneity was significant in sub-group analyses, notably for those with pre-existing CVD (non-significant increase in cardiovascular events observed) and females (point estimates for CVD risk were higher compared with males). Further study in these populations is needed, as well as study of the potential modest increased risk of cardiac arrest/tachyarrhythmias (a possible association that could not be ruled out) and the cardiovascular effects of ADHD medications in the longer-term, including older adults.^{28,29}

Neuropsychological Testing

17. Although neuropsychological testing is a way to objectively identify the presence of executive dysfunction, current evidence does not support a role for testing in the diagnosis and evaluation of adult ADHD.^{5,15,30} However, testing can be used to identify a learning disorder or other cognitive challenges.^{1,13,31}