Notes

A Note on Language

xvii **According to the Americans with Disabilities Act:** "Introduction to the Americans with Disabilitities Act," ADA.gov, https://www.ada.gov/topics/intro-to-ada.

Chapter 2: How to ~~ADD~~ ADHD

28 **punishment is less effective for ADHD kids:** Marjolein Luman, Jaap Oosterlaan, and Joseph A. Sergeant, "The Impact of Reinforcement Contingencies on AD/HD: A Review and Theoretical Appraisal," *Clinical Psychology Review* 25, no. 2 (2005): 183–213; Yvonne Groen, Geraldina F. Gaastra, Ben Lewis-Evans, and Oliver Tucha, "Risky Behavior in Gambling Tasks in Individuals with ADHD—A Systematic Literature Review," *PloS One* 8, no. 9 (2013): e74909.

29 **significantly negative impact on life expectancy:** Russell A. Barkley and Mariellen Fischer, "Hyperactive Child Syndrome and Estimated Life Expectancy at Young Adult Follow-Up: The Role of ADHD Persistence and Other Potential Predictors," *Journal of Attention Disorders* 23, no. 9 (2019): 907–923.

30 **MTA Study:** Desiree W. Murray, L. Eugene Arnold, Jim Swanson, Karen Wells, Karen Burns, Peter Jensen, Lily Hechtman, Natalya Paykina, Lauren Legato, and Tara Strauss, "A Clinical Review of Outcomes of the Multimodal Treatment Study of Children with Attention-Deficit/Hyperactivity Disorder (MTA)," *Current Psychiatry Reports* 10, no. 5 (2008): 424–431.

Chapter 3: How to (Hyper)focus

51 **we have plenty of attention:** Russell Barkley, "Executive Functioning and Self-Regulation Viewed as an Extended Phenotype: Implications of the Theory for ADHD and Its treatment," in *Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment,* 4th ed. (New York: Guilford Press, 2015), 405–434.

52 **develops even more slowly:** Phillip Shaw, Meaghan Malek, Bethany Watson, Wendy Sharp, Alan Evans, and Deanna Greenstein, "Development of Cortical Surface Area and Gyrification in Attention-Deficit/Hyperactivity Disorder," *Biological Psychiatry* 72, no. 3 (2012): 191–197.

52 **scientists used eye tracking:** Astar Lev, Yoram Braw, Tomer Elbaum, Michael Wagner, and Yuri Rassovsky, "Eye Tracking During a Continuous Performance Test: Utility for Assessing ADHD Patients," *Journal of Attention Disorders* 26, no. 2 (January 2022): 245–255.

56 **multitasking is not the time saver:** Joshua B. Ewen, Jeffrey S. Moher, Balaji M. Lakshmanan, Matthew Ryan, Priya Xavier, Nathan E. Crone, Martha B. Denckla, Howard Egeth, and E. Mark Mahone, "Multiple Task Interference Is Greater in Children with ADHD," *Developmental Neuropsychology* 37, no. 2 (2012): 119–133.

56–57 **getting fully refocused:** Eyal Ophir, Clifford Nass, and Anthony D. Wagner, "Cognitive Control in Media Multitaskers," *Proceedings of the National Academy of Sciences* 106, no. 37 (September 2009): 15583–15587.

62 **strengthen our distractibility delay:** Susan E. Sprich, Laura E. Knouse, Christine Cooper-Vince, Jennifer Burbridge, and Steven A. Safren, "Description and Demonstration of CBT for ADHD in Adults," *Cognitive and Behavioral Practice* 17, no. 1 (February 2012): 9–15.

66 **Exercise produces dopamine and norepinephrine:** Patrick A. LaCount and Cynthia M. Hartung, "Physical Exercise Interventions for Emerging Adults with Attention-Deficit/Hyperactivity Disorder (ADHD)," *The ADHD Report* 26, no. 5 (August 2018): 1–11.

Chapter 4: How to (Executive) Function

76 **set of top-down cognitive processes:** Russell A. Barkley, Kevin R. Murphy, and Mariellen Fischer, *ADHD in Adults: What the Science Says* (New York: Guilford Press, 2010).

77 **finishes developing by age twenty-five:** Jay N. Giedd, "Structural Magnetic Resonance Imaging of the Adolescent Brain," *Annals of the New York Academy of Sciences* 1021, no. 1 (June 2004): 77–85.

79 **impairments in set-shifting:** Lauren N. Irwin, Michael J. Kofler, Elia F. Soto, and Nicole B. Groves, "Do Children with Attention-Deficit/Hyperactivity Disorder (ADHD) Have Set Shifting Deficits?" *Neuropsychology* 33, no. 4 (2019): 470–481.

80 **With ADHD, executive function is delayed:** Shaw, et. al., "Development of Cortical Surface Area," 191–197.

81 **two neural pathways:** Edmund J. S. Sonuga-Barke, "Causal Models of Attention-Deficit/Hyperactivity Disorder: From Common Simple Deficits to Multiple Developmental Pathways," *Biological Psychiatry* 57, no. 11 (June 2005): 1231–1238.

Chapter 5: How to Sleep

103 **experience sleep disorders:** Harriet Hiscock and Emma Sciberras, eds., *Sleep and ADHD: An Evidence-Based Guide to Assessment and Treatment,* 1st ed. (San Diego: Academic Press, 2019), 195.

105 **more severe sleep disorder symptoms:** Susan S. F. Gau, Ronald C. Kessler, Wan-Ling Tseng, Yu-Yu Wu, Yen-Nan Chiu, Chin-Bin Yeh, and Hai-Gwo Hwu, "Association Between Sleep Problems and Symptoms of Attention-Deficit/Hyperactivity Disorder in Young Adults," *Sleep* 30, no. 2 (February 2007): 195–201.

105 **Sleep disorders are also more prevalent:** Allan Hvolby, "Associations of Sleep Disturbance with ADHD: Implications for Treatment," *ADHD Attention Deficit and Hyperactivity Disorders* 7, no. 1 (March 2015): 1–18.

107 **inconsistent sleep schedules:** Karen Spruyt, Danielle L. Raubuck, Katie Grogan, David Gozal, and Mark A. Stein, "Variable Sleep Schedules and Outcomes in Children with Psychopathological Problems: Preliminary Observations," *Nature and Science of Sleep* 4 (February 2012): 9–17.

108 ***thirty-minute reduction:*** Hiscock and Sciberras, eds., *Sleep and ADHD*, 37.

122 **significantly improve our ability to fall asleep:** Hiscock and Sciberras, eds., *Sleep and ADHD*, 343.

122 **restless leg syndrome:** Hiscock and Sciberras, eds., *Sleep and ADHD*, 247.

125 **"Some people did cheat less":** Maria Konnikova, "No, Mornings Don't Make You Moral," *New Yorker*, February 15, 2015, https://www.newyorker.com/science/maria-konnikova/moral-mornings.

125 **"it's incredibly difficult":** Konnikova, "No, Mornings Don't Make You Moral."

Chapter 6: How to See Time

132 **eight percent of the general population:** Barkley, et. al., *ADHD in Adults*.

132 **Ninety-eight percent of people:** Barkley, et. al., *ADHD in Adults*.

132 **"96 percent of Americans":** Jamie Ballard, "Chocolate Is the Most Popular Ice Cream Flavor," YouGov, July 10, 2018, https://today.yougov.com/consumer/articles/21153-most-popular-ice-creams.

132 **"time blind":** Russell A. Barkley, "Attention-Deficit/Hyperactivity Disorder, Self-Regulation, and Time: Toward a More Comprehensive Theory," *Journal of Developmental & Behavioral Pediatrics* 18, no. 4 (August 1997): 271–279.

134 **Time horizons . . . tend to be *much* shorter:** Simon Weissenberger, Katerina Schonova, Pascal Büttiker, Raffaele Fazio, Martina Vnukova, George B. Stefano, and Radek Ptacek, "Time Perception Is a Focal Symptom of Attention-Deficit/Hyperactivity Disorder in Adults," *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research* 27 (2021): e933766-1–e933766-5.

138 **Deficits in response inhibition:** Edmund Sonuga-Barke, Paraskevi Bitsakou, and Margaret Thompson, "Beyond the Dual Pathway Model: Evidence for the Dissociation of Timing, Inhibitory, and Delay-Related Impairments in Attention-Deficit/Hyperactivity Disorder," *Journal of the American Academy of Child & Adolescent Psychiatry* 49, no. 4 (April 2010): 345–355.

Chapter 7: How to Motivate Your Brain

159 ***delay aversion:*** Sonuga-Barke, "Causal Models of Attention-Deficit/Hyperactivity Disorder," 1231–1238.

160 **don't release anticipatory dopamine:** Gali Tripp and Jeff R. Wickens, "Research Review: Dopamine Transfer Deficit: A Neurobiological Theory of Altered Reinforcement Mechanisms in ADHD," *Journal of Child Psychology and Psychiatry* 49, no. 7 (2008): 691–704.

163 **adding extrinsic rewards:** Edward L. Deci, Richard Koestner, and Richard M. Ryan, "A Meta-Analytic Review of Experiments Examining the Effects of Extrinsic Rewards on Intrinsic Motivation," *Psychological Bulletin* 125, no. 6 (1999): 627.

163 **temporal discounting:** Ivo Marx, Thomas Hacker, Xue Yu, Samuele Cortese, and Edmund Sonuga-Barke, "ADHD and the Choice of Small Immediate Over Larger Delayed Rewards: A Comparative Meta-Analysis of Performance on Simple Choice-Delay and Temporal Discounting Paradigms," *Journal of Attention Disorders* 25, no. 2 (2021): 171–187.

167 **it helps to know our behavior:** Trevor G. Mazzucchelli, Robert T. Kane, and Clare S. Rees, "Behavioral Activation Interventions for Well-Being: A Meta-Analysis," *Journal of Positive Psychology* 5, no. 2 (March 2010): 105–121.

178 **active procrastination:** Russell A. Barkley, *Taking Charge of Adult ADHD: Proven Strategies to Succeed at Work, at Home, and in Relationships.* (New York: Guilford Publications, 2021).

Chapter 8: How to Remember Stuff

192 **A 2008 study:** Jeffrey S. Skowronek, Michelle D. Leichtman, and David B. Pillemer, "Long-term Episodic Memory in Children with Attention-Deficit/Hyperactivity Disorder," *Learning Disabilities Research & Practice* 23, no. 1 (2008): 25–35.

193 **meta-analysis of long-term memory:** Timo Skodzik, Heinz Holling, and Anya Pedersen, "Long-Term Memory Performance in Adult ADHD: A Meta-Analysis," *Journal of Attention Disorders* 21, no. 4 (February 2017): 267–283.

Chapter 9: How to Feel

222 **Emotions hit us harder:** Russell A. Barkley, "Emotional Dysregulation Is a Core Component of ADHD," in Russell A. Barkley, ed., *Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment,* 4th ed. (New York: Guilford Press, 2015), 81–115.

223 **the more generally impulsive we are:** Russell A. Barkley, "Emotional Dysregulation Is a Core Component of ADHD."

224 **challenges adults with ADHD have in the workplace:** Kevin Murphy and Russell A. Barkley, "Attention Deficit Hyperactivity Disorder Adults: Comorbidities and Adaptive Impairments," *Comprehensive Psychiatry* 37, no. 6 (1996): 393–401.

228 **cognitive techniques:** Laura E. Knouse and John T. Mitchell. "Incautiously Optimistic: Positively Valenced Cognitive Avoidance in Adult ADHD," *Cognitive and Behavioral Practice* 22, no. 2 (May 2015): 192–202.

228 **cognitive avoidance:** Knouse and Mitchell, "Incautiously Optimistic," 192–202.

230 **diminish the response of the amygdala and limbic system:** Jared B. Torre and Matthew D. Lieberman, "Putting Feelings into Words: Affect Labeling as Implicit Emotion Regulation," *Emotion Review* 10, no. 2 (2018): 116–124.

232 **the act of *noticing* our emotions:** Matthew D. Lieberman, Naomi I. Eisenberger, Molly J. Crockett, Sabrina M. Tom, Jennifer H. Pfeifer, and Baldwin M. Way, "Putting Feelings into Words," *Psychological Science* 18, no. 5 (May 2007): 421–428.

Chapter 10: How to People

255 **monitoring their social behavior:** Russell A. Barkley. "Peer Relationships of Children with ADHD," in Russell A. Barkley, ed., *Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment,* 4th ed. (New York: Guilford Press, 2015), 81–115.

260 **"When we sacrifice":** Brown, *Atlas of the Heart*.

273 **"learn how to be present":** Brown, *Atlas of the Heart.*

Chapter 11: How to Make ADHD Harder

288 **An estimated sixty to eighty percent of adults:** Martin A. Katzman, Timothy S. Bilkey, Pratap R. Chokka, Angelo Fallu, and Larry J. Klassen, "Adult ADHD and Comorbid Disorders: Clinical Implications of a Dimensional Approach," *Boston Medical Center Psychiatry* 17 (2017): 1–15.

289 **Tic disorders occur:** "ADHD and Coexisting Disorders," National Resource Center on ADHD, https://d393uh8gb46l22.cloudfront.net/wp-content/uploads/2018/04/coexisting.pdf.

289 **rate for learning disabilities among ADHD brains:** E. Bonti, S. Giannoglou, M. Georgitsi, M. Sofologi, G. N. A. Porfyri, A. Mousioni, A. Konsta, P. Tatsiopoulou, A. Kamari, S. Vavetsi, and I. Diakogiannis, "Clinical Profiles and Socio-Demographic Characteristics of Adults with Specific Learning Disorder in Northern Greece," *Brain Sciences* 11, no. 5 (May 2021): 602, https://doi.org/10.3390/brainsci11050602.

289 **compared with five to fifteen percent:** "What Is Specific Learning Disorder?" American Psychiatric Association, August 2021, https://www.psychiatry.org/patients-families/specific-learning-disorder/what-is-specific-learning-disorder.

292 **"markedly diminished interest or pleasure":** American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders: DSM-5* (Washington, DC: American Psychiatric Association, 2013), vol. 5, no. 5.

293 **47 percent had been diagnosed with ODD:** Barkley, et. al., *ADHD in Adults*.

293 **Ten percent of adults:** Kevin M. Antshel, Prashant Kaul, Joseph Biederman, Thomas J. Spencer, Bridget O. Hier, Kaitlin Hendricks, and Stephen V. Faraone, "Posttraumatic Stress Disorder in Adult Attention-Deficit/Hyperactivity Disorder: Clinical Features and Familial Transmission," *The Journal of Clinical Psychiatry* 74, no. 3 (2013): 14855.

293 **male veterans:** L. A. Adler, M. Kunz, H. C. Chua, J. Rotrosen, and S. G. Resnick, "Posttraumatic Stress Disorder (PTSD): Is ADHD a Vulnerability Factor?" *Journal of Attention Disorders* 8, no. 1 (August 2004): 11–16.

294 **Current alcohol and drug dependence:** Barkley, et. al., *ADHD in Adults*.

297 **girls are less likely:** Elizabeth B. Owens, Stephanie L. Cardoos, and Stephen P. Hinshaw, "Developmental Progression and Gender Differences among Individuals with ADHD," in Russell A. Barkley, ed., *Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment*, 4th ed. (New York: Guilford Press, 2015), 223–255.

298 **the impact of stimulant medications:** "Use of ADHD Medicine Is Increasing Among Pregnant Women," Centers for Disease Control and Prevention, last updated July 16, 2020, https://www.cdc.gov/pregnancy/meds/treatingfortwo/features/keyfinding-ADHD-med-increase.html.

301 **Black children who are disruptive:** "For Black Students, Unfairly Harsh Discipline Can Lead to Lower Grades," American Psychological Association, October 7, 2021, https://www.apa.org/news/press/releases/2021/10/black-students-harsh-discipline.

304 **one recent study in the US:** Kathleen A. Fairman, Alyssa M. Peckham, and David A. Sclar, "Diagnosis and Treatment of ADHD in the United States: Update by Gender and Race," *Journal of Attention Disorders* 24, no. 1 (2020): 10–19.

304 **Another study found:** Y. Shi, L. R. Hunter Guevara, H. J. Dykhoff, L. R. Sangaralingham, S. Phelan, M. J. Zaccariello, and D. O. Warner, "Racial Disparities in Diagnosis of Attention-Deficit/Hyperactivity Disorder in a US National Birth Cohort," *Journal of the American Medical Association Network Open* 4, no. 3 (2021): e210321.

304 **have lower odds of being diagnosed:** Tumaini R. Coker, Marc N. Elliott, Sara L. Toomey, David C. Schwebel, Paula Cuccaro, Susan Tortolero Emery, Susan L. Davies, Susanna N. Visser, and Mark A. Schuster, "Racial and Ethnic Disparities in ADHD Diagnosis and Treatment," *Pediatrics* 138, no. 3 (September 2016).

317 **"to identify the tools":** "What is WRAP?" WRAP, last accessed May 10, 2023, https://www.wellnessrecoveryactionplan.com/what-is-wrap.

Chapter 12: How to Heart

328 **adults with ADHD seek treatment:** Kevin R. Murphy, "Psychological Counseling of Adults with ADHD," in *Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment*, 3rd ed. (New York: Guilford Press, 2006), 692–703.

333 **double empathy problem:** D. Milton, E. Gurbuz, and B. López, "The 'Double Empathy Problem': Ten Years On," *Autism* 26, no. 8 (2022): 1901–1903, https://doi.org/10.1177/13623613221129123.

Chapter 13: How to Change the World

365 **billions of dollars:** Russell A. Barkley, "The High Economic Costs Associated with ADHD," *The ADHD Report* 28, no. 3 (2020): 10–12.

377 **"For any task to be successful":** Doug Kim, Margaret Price, Christina Mallon, Nathan Kile, Anna Cook, Keira Xu, Anna Tendera, Andres Pacheco, Tenille Lively, Catherine Ekonomou, and Dona Sarkar, *Microsoft Inclusive Design: Cognitive Exclusion*, https://inclusive.microsoft.design/tools-and-activities/InclusiveDesignForCognitionGuidebook.pdf.

381 **robust research:** Gary P. Latham and Edwin A. Locke, "New Developments in and Directions for Goal-Setting Research," *European Psychologist* 12, no. 4 (2007): 290–300.

387 **research on reducing stigma:** N. Rüsch, E. Abbruzzese, E. Hagedorn, D. Hartenhauer, I. Kaufmann, J. Curschellas, S. Ventling, G. Zuaboni, R. Bridler, M. Olschewski, W. Kawohl, W. Rössler, B. Kleim, and P. W. Corrigan, "Efficacy of Coming Out Proud to Reduce Stigma's Impact Among People with Mental Illness: Pilot Randomised Controlled Trial," *British Journal of Psychiatry*, 204, no. 5 (January 2014): 391–397, https://doi.org/10.1192/bjp.bp.113.13577; G. Lindstrom, E. Sofija, T. Riley, "Getting Better at Getting Better: How Sharing Mental Health Stories Can Shape Young People's Wellbeing," *Community Mental Health Journal*, 57, no. 8 (February 2012): 1604–1613, https://doi.org/10.1007/s10597-021-00786-w.