

## Research Supports ADHD Coaching

ADHD coaching has been defined as a collaborative, goal-oriented process that integrates life coaching, skills coaching, and education to assist individuals with Attention-Deficit/Hyperactivity Disorder in developing the self-awareness, strategies, and skills necessary to fulfill their potential while navigating the pragmatic realities of living with ADHD.<sup>1</sup>

A recent review of research on ADHD coaching indicates that ADHD coaching contributes positively to improved functioning in individuals with ADHD across the age span.<sup>2,3</sup>

Numerous, varied studies examined diverse outcomes of coaching for ADHD. Findings include:

### Improvements in ADHD symptoms and executive functioning related behaviors:

- Improved **social behaviors** in elementary school students
- Improved **grades** in high school and college students
- Improvement in **learning and study skills** in college students
- Improved **executive functioning skills** and/or **goal attainment** in college students (not studied in adults)
- Improvements in **distractibility, and inattentive, social, and behavioral factors** in adults
- **Clinical, symptom and/or functional improvement in all age groups**

### Improvements in self-esteem, well-being and quality of life:

- Improved **self-esteem** in teens and college students
- Improved **life satisfaction** in elementary, high school and college students
- Improved **wellbeing** in elementary and college students (not studied in teens or adults)

### Summary

While results for individuals may vary, the research suggests that, across differing age groups, study designs, and approaches to coaching, including both individual and group coaching models:

**Coaching appears effective in supporting improvements in many realms of functioning for individuals with ADHD across the age span. ADHD coaching can be a stand-alone intervention or a component of comprehensive, multimodal treatment of ADHD.**

### Sources

1. Wright, S. D. (2014). *ADHD coaching matters: The definitive guide*. College Station, TX: ACO Books.
2. Tuttle, L. J., Ahmann, E., & Wright, S. D. (January, 2016). *Emerging evidence for the efficacy of ADHD coaching*. Poster presented at the 2016 Annual Meeting of APSARD (The American Professional Society of ADHD and Related Disorders), Washington, DC.
3. Ahmann, E., Saviat, M. & Tuttle, L. J. (October, 2017). *Emerging evidence for the effectiveness of coaching for attention deficit/hyperactivity disorder (ADHD)*. Poster awarded Honorable Mention at the 2017 Coaching in Leadership and Healthcare Conference, Institute of Coaching/Harvard Medical School, Boston, MA.