

# MAC-CBT Group Therapy for Adult Attention Deficit Hyperactivity Disorder

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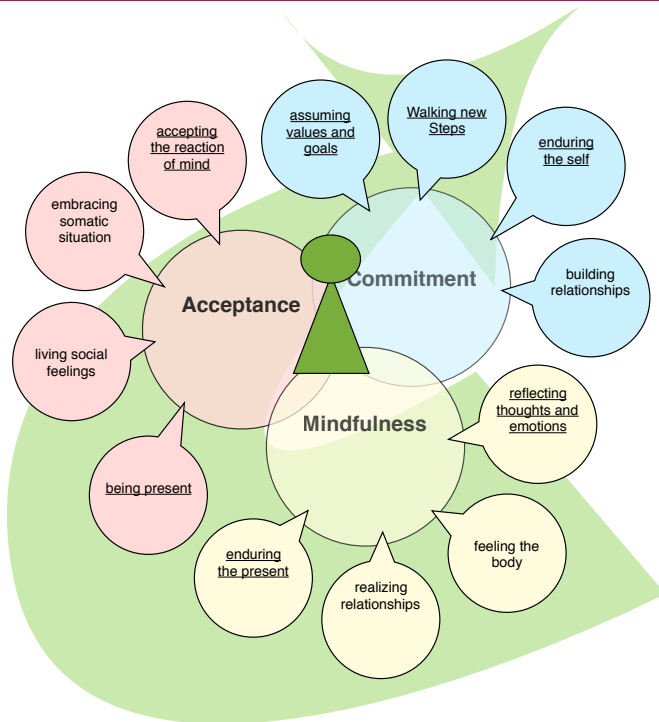
## Background

Attention deficit hyperactivity disorder (ADHD) symptoms are often assumed to decrease in adolescence, however in up to 60% of children, ADHD persist to adulthood<sup>1</sup>. Currently pharmacological therapy is the number-one choice ADHD treatment. Despite its evidenced effects of pharmacological interventions there are side effects, contraindications and non-responders<sup>2</sup>. In previous studies mindfulness-based interventions have shown positive changes in ADHD symptoms, quality of life and attention<sup>3,4</sup>.

## Aims

1. Assess the **effectiveness** of Mindfulness, Acceptance and Commitment - Cognitive Behavior Therapy (MAC-CBT) in patients with ADHD compared to waitlist control.
2. Assess whether MAC-CBT is **superior** to Progressive Muscle Relaxation (PMR).

## MAC-CBT



### Pilot-Study

Structured implementation in 12 sessions face-to-face-Treatment  
n= 10, Diagnosis: adult ADHD with depressive syndrome

### Results

Very easy to carry out	no therapy breaks
Patient satisfaction very good (STTS-R)	3.1 (2.9-4.0)
Clear improvement in depression (Decrease MADRS)	7.5 (6.1-10.0)
Stabilization of ADHD-Symptoms (ad. ADHD-Selfrep.)	2.1 (1.2-2.8)
Increase the activation of resources (Increase AAQ)	4.5 (4.0-5.1)

## Methods

**Design:** Randomized parallel group superiority trial

**Sample:** N = 180 ADHD patients

**Primary Outcome:**

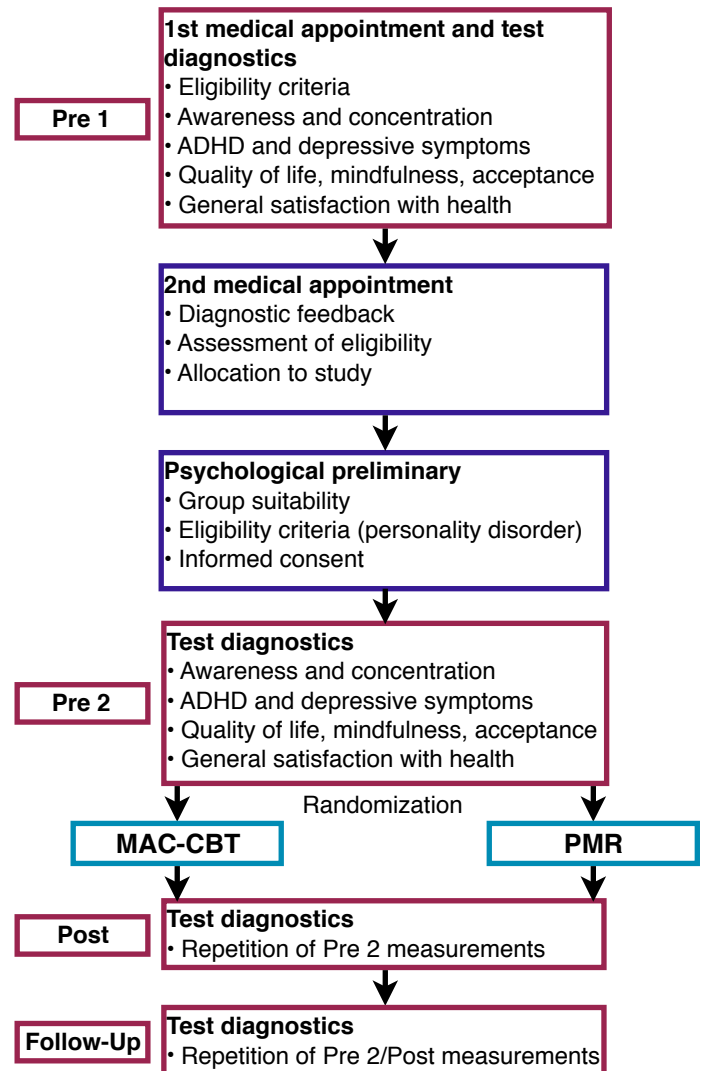
**Awareness:** Continuous Performance Task

**Symptoms:** Adult ADHD Self-Report Scale

**Quality of life:** World Health Organization Quality of Life - Short Version

**Satisfaction:** Satisfaction with Therapy a. Therapist Scale

## Participant flow



## Discussion

- Verification of previous outcomes of mindfulness-based treatments on ADHD.
- Evaluation of superiority of mindfulness towards relaxation programs.
- New knowledge about the effects of third wave therapies on ADHD.

## References

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3. Bueno, V. F., Kozasa, E. H., da Silva, M. A., Alves, T. M., Louzã, M. R., & Pompéia, S. (2015). Mindfulness meditation improves mood, quality of life, and attention in adults with attention deficit hyperactivity disorder. *BioMed research international*, 2015.
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