

Cognitive Behavioural Therapy for Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD)

DOES YOUR TEEN HAVE ADHD? (CONFIRMED OR SUSPECTED)

IS YOUR TEEN 13 TO 17 YEARS OF AGE?

IF SO, YOU MIGHT BE INTERESTED IN PARTICIPATING IN THIS STUDY AT THE MONTREAL CHILDREN'S HOSPITAL!

What's the study all about?

- Participants will be randomly assigned to one of three groups:
 - **12 weeks of Cognitive Behaviour and Skills Training Therapy**
 - Includes parent groups and personalized coach calls.
 - Teaches skills related to time management, organization, study habits, anger management, self esteem (and much more!)
 - **12 weeks of Support Group Therapy**
 - Includes parent groups and personalized coach calls
 - Consists of group discussions relating to the specific interests and experiences of the adolescents (e.g. driving & ADHD, working & ADHD).
 - **Treatment as Usual in the Community**
- ADHD medication is not mandatory, but the dose will be optimized if used.
- There are no fees to participate in this research program.

Want more information?

Contact us!

514-412-4400 ext. 23286

adolescent.adhd.cbt@gmail.com

Hôpital de Montréal
pour enfants
Centre universitaire
de santé McGill



Montreal Children's
Hospital
McGill University
Health Centre