



Ask the Expert Webinar Viewing Guides

Are you interested in creating more engagement and dialogue during your support group meetings? This webinar viewing guide will allow you to use existing webinars from CHADD to help your attendees learn, discuss, and apply information about ADHD to their lives.

The Ask the Expert webinar series hosts leading experts in the field of ADHD to provide information to help support children and adults living with ADHD, their families, educators and healthcare professionals. The webinar series is available as part of the CHADD's National Resource Center (NRC), which is funded by the U.S. Centers for Disease Control and Prevention. Free new webinars are hosted monthly and an archive of past webinars is available on the NRC's YouTube page, Help for ADHD (<http://www.youtube.com/HelpForADHD>).

Each webinar includes a 15-30—minute presentation (this one, at an hour, is the exception) followed by audience questions and answers. Using this video viewing guide will allow you to use the expert's presentation to promote discussion and give meeting attendees the opportunity to better apply the tips, tools and resources to their lives.

About the video guides

1. Video background information
2. How to incorporate a webinar into a meeting
3. Coordinator version of the discussion questions
4. Attendee worksheets with discussion questions
5. Video Q & A reference
6. Additional Resources



Video Background Information

Video Title: Health and Life Expectancy in ADHD: Treatment Matters More Than You Think

YouTube Link: <https://www.youtube.com/watch?v=fP2DhUtYJ5s&feature=youtu.be>

Main Audience: Adults with ADHD and parents of children with ADHD

Start Time: 2:07 **End Time:** 1:05:41

Video Summary

Dr. Russell Barkley, PhD, and colleagues evaluated the connection between ADHD and 14 critical health factors including nutrition, exercise, and tobacco and alcohol use. They found that ADHD adversely affects every aspect of quality of life and longevity due to problems with self-regulation associated with ADHD that lead to poor self-care and impulsive, high-risk behavior. ADHD, therefore, is a public health issue. At the same time, because ADHD is the most treatable mental health disorder in psychiatry, Dr. Barkley remains hopeful.

About the expert, Russell A. Barkley, PhD

Russell A. Barkley, PhD, is a clinical professor of psychiatry at the Virginia Treatment Center for Children and Virginia Commonwealth University Medical Center, in Richmond. He is an internationally recognized authority on ADHD in children and adults, and the author of multiple books on the subject.



How to incorporate the webinar into a meeting

Pre-meeting planning:

1. Review the presentation portion of the video “Health and Life Expectancy in ADHD.”
2. Review the video Q&A reference. Optional: listen to the responses provided by the presenter.
3. Read through the discussion questions for “Health and Life Expectancy in ADHD” and become familiar with the coordinator version.
4. Print copies of the discussion questions for the “Health and Life Expectancy in ADHD” attendee version of the guide.
5. Print any relevant resources you plan to discuss during your meeting.

Day of the meeting:

1. Set up A/V equipment to view the video.
2. Open up the video and set it to the start time.
3. Pass out the attendee worksheet in advance or have it available for attendees to pick up as they walk in.
4. Follow the coordinator version discussion questions.

After the meeting:

1. Send the video link to attendees via email.
2. Send follow-up resources to attendees via email.

Materials Needed:

- Coordinator version of “Health and Life Expectancy in ADHD” video guide
- Copies of attendee version of discussion questions printed out for all attendees
- Laptop, screen, projector, and speakers to show the YouTube video
- Access to YouTube to play the video or the video pre-downloaded and saved
- Additional resources (optional)
- Pens (optional)

Coordinator Version: Discussion Questions

Getting Started

- Give a brief summary of the video and read the short presenter bio
- Instruct attendees that you'll be discussing each of the questions on their guide. You'll be pausing the video so they don't have to necessarily write down answers while watching.
- Start the video
- Follow the instructions in the discussion guide to pause the video after each question and prompt attendees to respond

Discussion Question #1 (video time reference 2:07 to 8:00 min)

Dr. Barkley says, "ADHD isn't an attention problem, it's an attention to the future problem." What does he mean by that?

1. **Start** the video and watch up until minute 8:00.
2. **Pause** video at 8:00 min.
3. **Review** the statement above.
4. **Give** attendees time to think about their response and write it down if they choose to do so.
5. **Ask** if anyone wants to share his or her thoughts.

Discussion Question #2 (video time reference 8:00 to 18:27 min)

Dr. Barkley lists nine areas of life course impairments that are linked to ADHD.

- a. List the nine areas.

Limited educational success; greater family conflict/stress; peer relationship problems; antisocial behavior/legal problems; more smoking, marijuana and alcohol use and substance use disorders; risky sexual behavior—early pregnancy; driving risks (speeding, crashes, driving under the influence); occupational and financial difficulties, delayed transition to independence; marital/cohabiting problems and violence

- b. Choose three, and explain how they might have a negative effect on the life expectancy of a person with ADHD.



1. **Restart** the video and watch up until minute 18:27.
2. **Pause** the video at 18:27 min.
3. **Give** attendees time write down nine areas and detail three.
4. **Ask** if anyone wants to share his or her response.

Discussion Question #3 (video time reference 18:27 to 25:52 min)

How does the “Western diet” affect a person with ADHD? Give three examples of diet-related health concerns Dr. Barkley discusses.

1. **Restart** the video and watch up until minute 25:52.
2. **Pause** video at 25:52 min.
3. **Give** attendees time write down examples of diet-related health concerns.
4. **Ask** if anyone wants to share his or her answers.

Discussion Question #4 (video time reference 25:52 to 45:05 min)

- a. Dr. Barkley and his co-researchers found that if you were diagnosed with ADHD in childhood—whether or not you still have it as an adult—your life expectancy is going to be at least 7-8 years shorter than someone who grew up without ADHD.
- b. People whose ADHD did not persist into adulthood had a life expectancy 6 1/2 years shorter than someone who grew up without ADHD.
- c. Persistent ADHD (continued into adulthood) reduced a person’s life expectancy by about 11 years.

1. **Restart** the video and watch up until minute 45:05.
2. **Pause** the video at 45:05 min.
3. **Give** attendees time to think about their responses.
4. **Ask** if anyone wants to share an answer.

Highlighted words are the answers for the fill-in-the-blanks on the attendee worksheet.

Discussion Question #5 (video time reference 45:05 to 47:40 min)

Dr. Barkley says ADHD is twice as bad in its effects on life expectancy as the top four killers in the United States today. List those four causes of reduced life expectancy.

obesity, smoking, alcohol use, and lack of exercise
ADHD is worse than any one of them, and it’s worse than all of them combined, according to this study.

1. **Restart** the video and watch up until minute 47:40.



2. **Pause** video at 47:40 min.
3. **Give** attendees time write down the four causes of reduced life expectancy.
4. **Ask** if anyone wants to share his or her response.

Discussion Question #6 (video time reference 47:40 to 1:05:40)

How can treating ADHD help increase a person's estimated life expectancy? What happens if other conditions are treated but the ADHD is not?

1. **Restart** the video and watch up until 1:05:40.
2. **Pause** video at 1:05:40.
3. **Give** attendees time their answers.
4. **Ask** if anyone wants to share his or her responses.

Discussion question #7

- a. What did you focus on, or pay most attention to, today?
- b. What's your takeaway?

1. **Give** attendees time to think about all of the wrap-up questions.
2. **Ask** if anyone wants to share his or her answers.



Discussion Questions for “Health and Life Expectancy in ADHD”

1. Dr. Barkley says, “ADHD isn’t an attention problem, it’s an attention to the future problem.” What does he mean by that?

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2. Dr. Barkley lists nine areas of life course impairments that are linked to ADHD.

- c. List the nine areas.

- d. Choose three, and explain how they might have a negative effect on the life expectancy of a person with ADHD.

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3. How does the “Western diet” affect a person with ADHD? Give three examples of diet-related health concerns Dr. Barkley discusses.



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- 4.
- a. Dr. Barkley and his co-researchers found that if you were diagnosed with ADHD in childhood—whether or not you still have it as an adult—your life expectancy is going to be at least _____ years shorter than someone who grew up without ADHD.
 - b. People whose ADHD did not persist into adulthood had a life expectancy _____ years shorter than someone who grew up without ADHD.
 - c. Persistent ADHD (continued into adulthood) reduced a person’s life expectancy by about _____ years.

5. Dr. Barkley says ADHD is twice as bad in its effects on life expectancy as the top four killers in the United States today. List those four causes of reduced life expectancy.

6. How can treating ADHD help increase a person’s estimated life expectancy? What happens if other conditions are treated but the ADHD is not?

7. Wrap-up

a. What did you focus on, or pay most attention to, today?

b. What’s your takeaway?

Video Q & A Reference

Questions answered by the expert after the end of the presentation.

- 1.** If you could suggest one thing an individual could do to lower his or her risks, what would it be? (Time 1:06:30 – 1:08:54)
- 2.** What is a simple takeaway people can offer friends and family who are dealing with ADHD? (Time 1:09:01 – 1:10:43)

Quick Tip

While you are watching the video, if a participant asks a question that the expert answered in the video, you can show that particular question and answer using this reference.

Additional Resources

Dr. Barkley's email address: drbarkley@russellbarkley.org

Dr. Barkley's website: <http://www.russellbarkley.org>

National Resource Center on ADHD: A Program of CHADD Resources

About ADHD—Overview: <https://chadd.org/wp-content/uploads/2018/03/aboutADHD.pdf>

Other lectures on ADHD by Dr. Barkley: <http://www.adhdlectures.com/>