

Patient perspectives on neuropsychological assessment and interventions in adults with ADHD: a multicenter survey from Argentina.

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Introducción

Despite advances in understanding adult Attention-Deficit/Hyperactivity Disorder (ADHD), research in Argentina on patients diagnostic and therapeutic experiences remains limited. International literature emphasizes incorporating patient perspective to improve clinical practice, feedback quality, and treatment adherence. In this context, emerging evidence links adult ADHD to later cognitive decline and dementia, underscoring the importance of early identification and intervention. The objective of this study is to examine adults experiences with neuropsychological assessment (NPA) and interventions.

Métodos

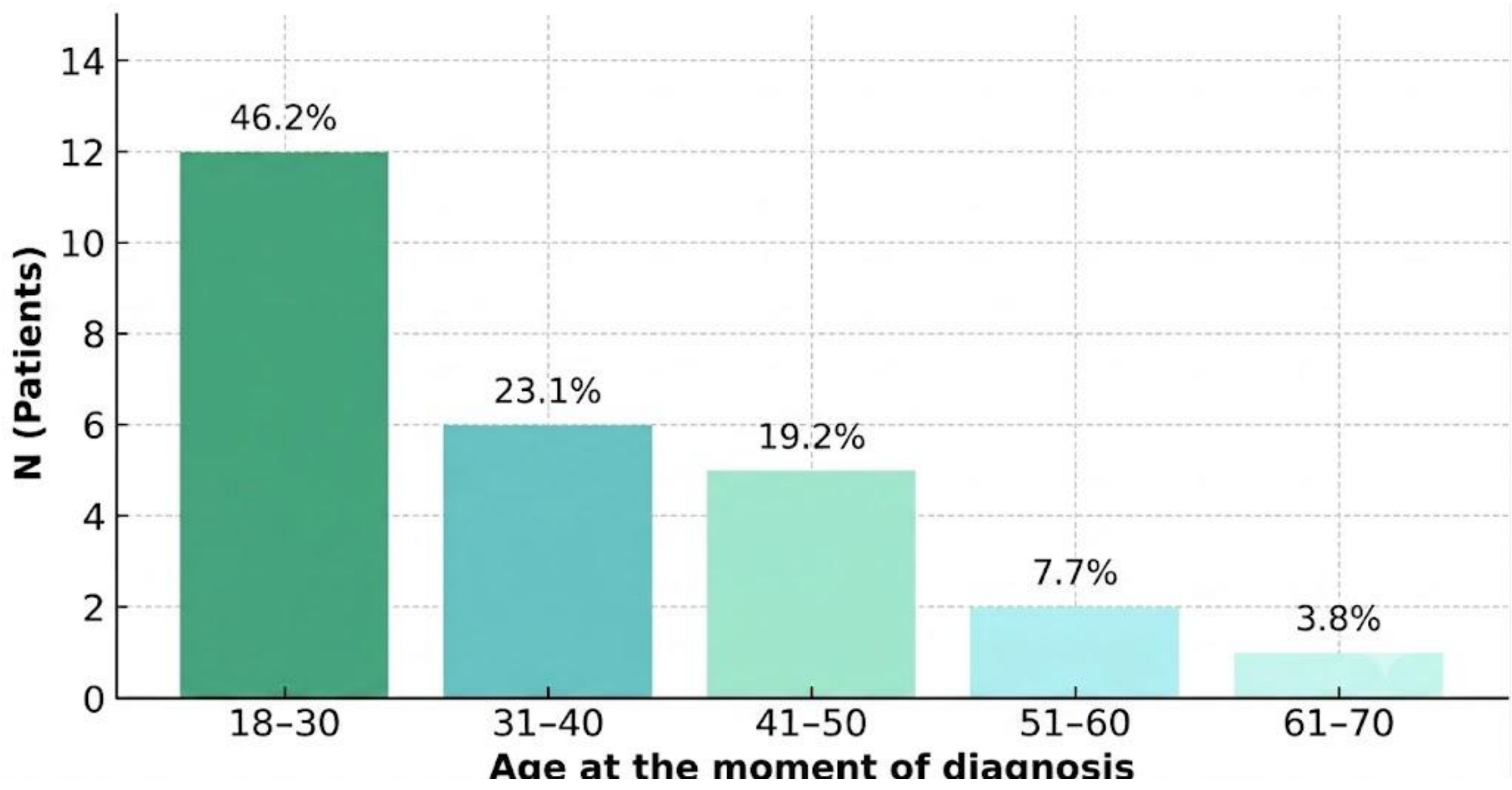
We conducted a multicenter cross-sectional survey. A 47 items ad hoc multiple-choice questionnaire assessed experiences with NPA, feedback, and treatments. The survey was administered via Google Forms and emailed to adults in clinical follow-up with ADHD diagnosed according to DSM-5 criteria during June 2025. Informed consent was obtained. Results are reported as percentages

Resultados

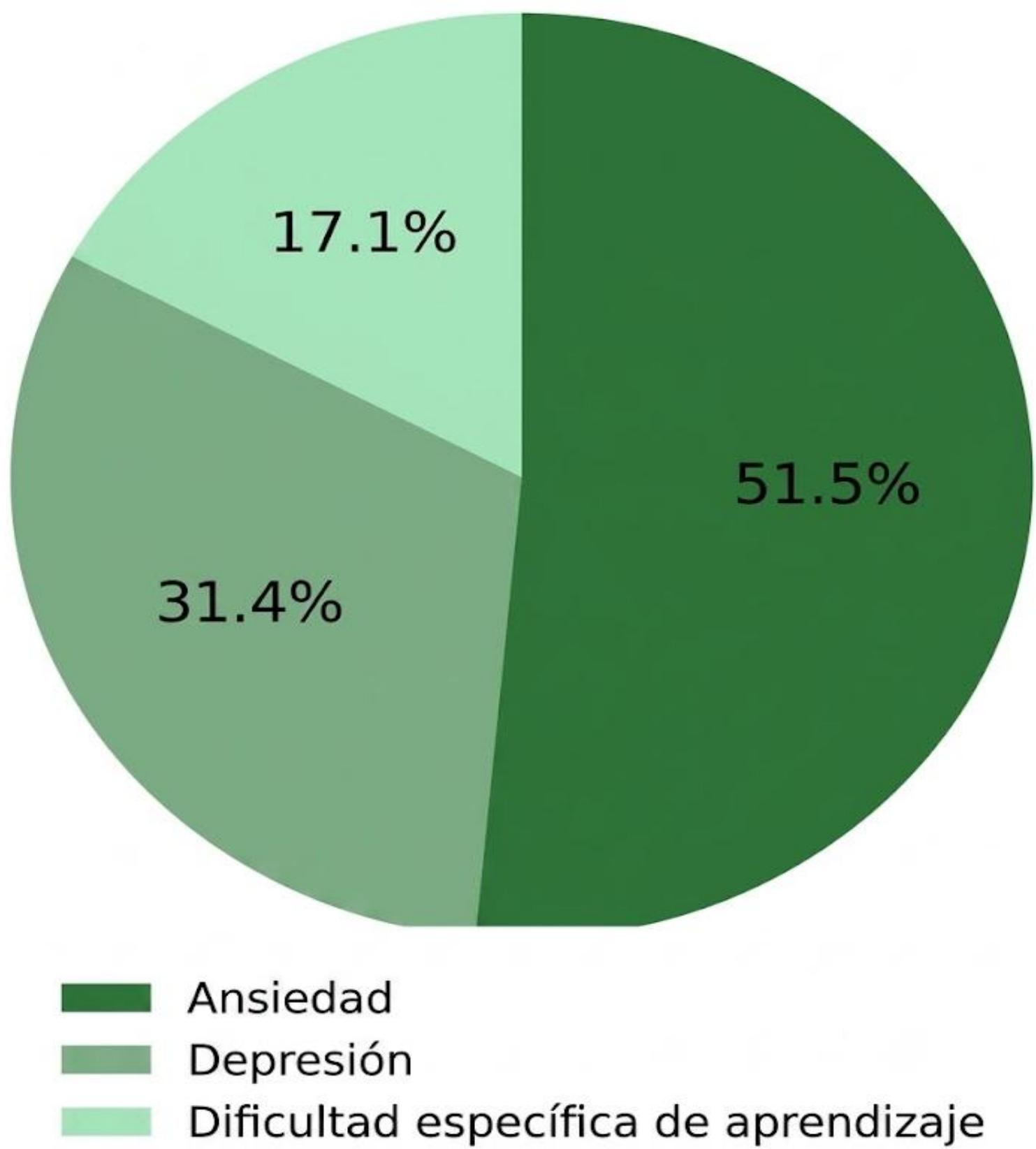
Forty-one adults participated; 63.4% had completed tertiary or university education, and 46.2% of this subgroup were diagnosed between ages 18-30. Overall, 90.2% identified with the diagnosis and 86.5% reported a positive emotional impact. NPA had been completed by 92.5% and was perceived as constructive by 89.2%, who stated it clarified their cognitive profile beyond the diagnosis and guided interventions. Patient-reported symptoms and everyday challenges exceeded the scope of traditional DSM-5 diagnostic criteria. The ADHD diagnosis was preceded by other diagnoses in a substantial proportion of participants. Among those currently or previously treated (n=38), 81.6% used pharmacotherapy and 65.8% combined it with cognitive-behavioral therapy (CBT) or neuropsychological intervention. Treatment goals prioritized functioning (89.5%) and attention (84.2%). Strategy generalization to life was reported by 73.7%. Difficulties recalling content were endorsed by 60.5%; 63.2% received summaries (valued by 100%), and 42.1% used body doubling, judged helpful by 68.75%. Most participants receiving treatment reported greater motivation to address their symptoms. Only 14.6% received family psychoeducation, although 50% reported limited family understanding.

Variable	Results
Gender	Women: 61 %
Age	Range: 18–75 years Most representative: 25–35: 34.3 % 35–45: 25.7 % 45–65: 31.4 %
Educational Level	Completed Higher / University: 63.4 % Incomplete University: 24.4 % Completed Secondary: 12.2 %

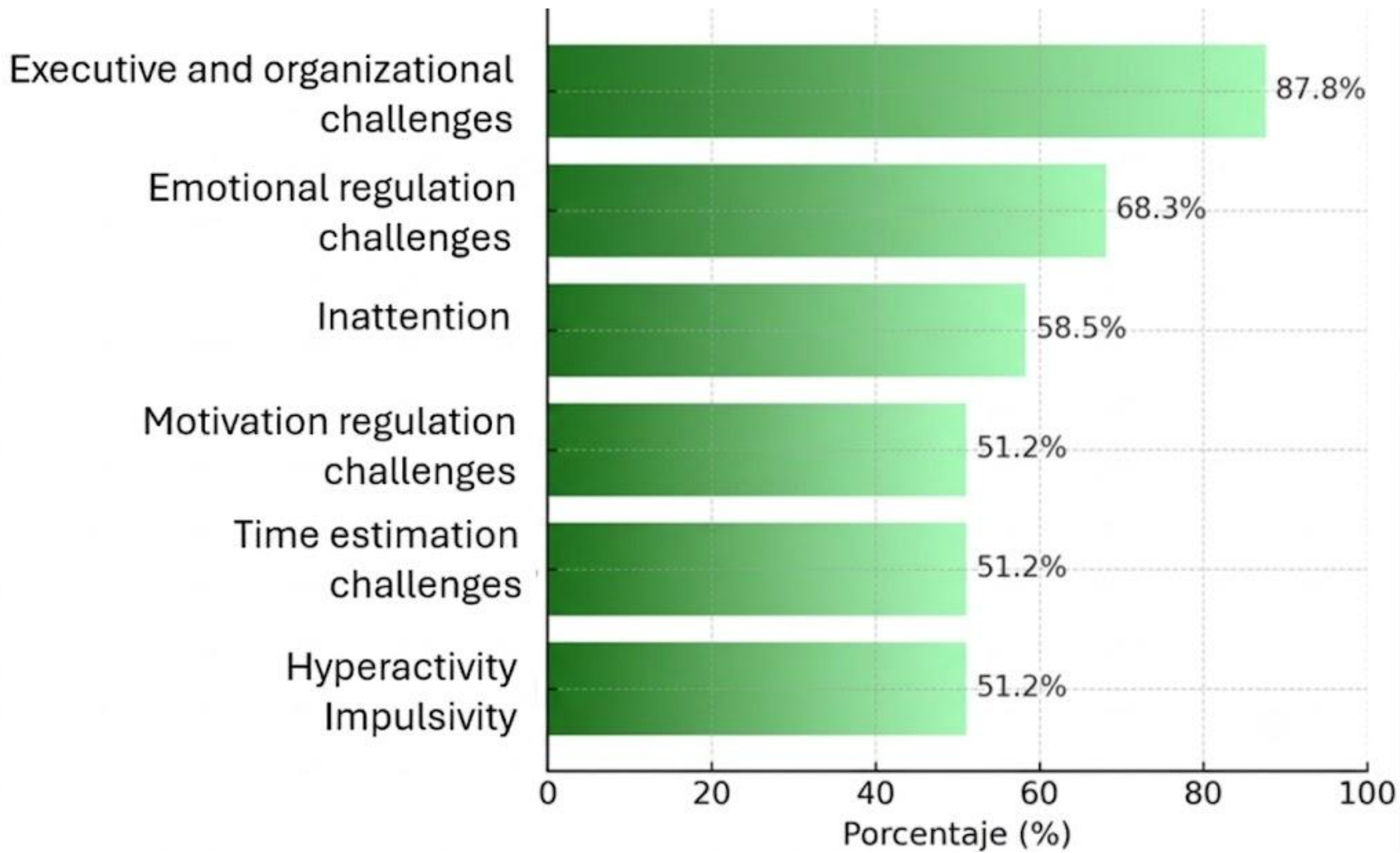
Table 1: Sociodemographic characteristics,



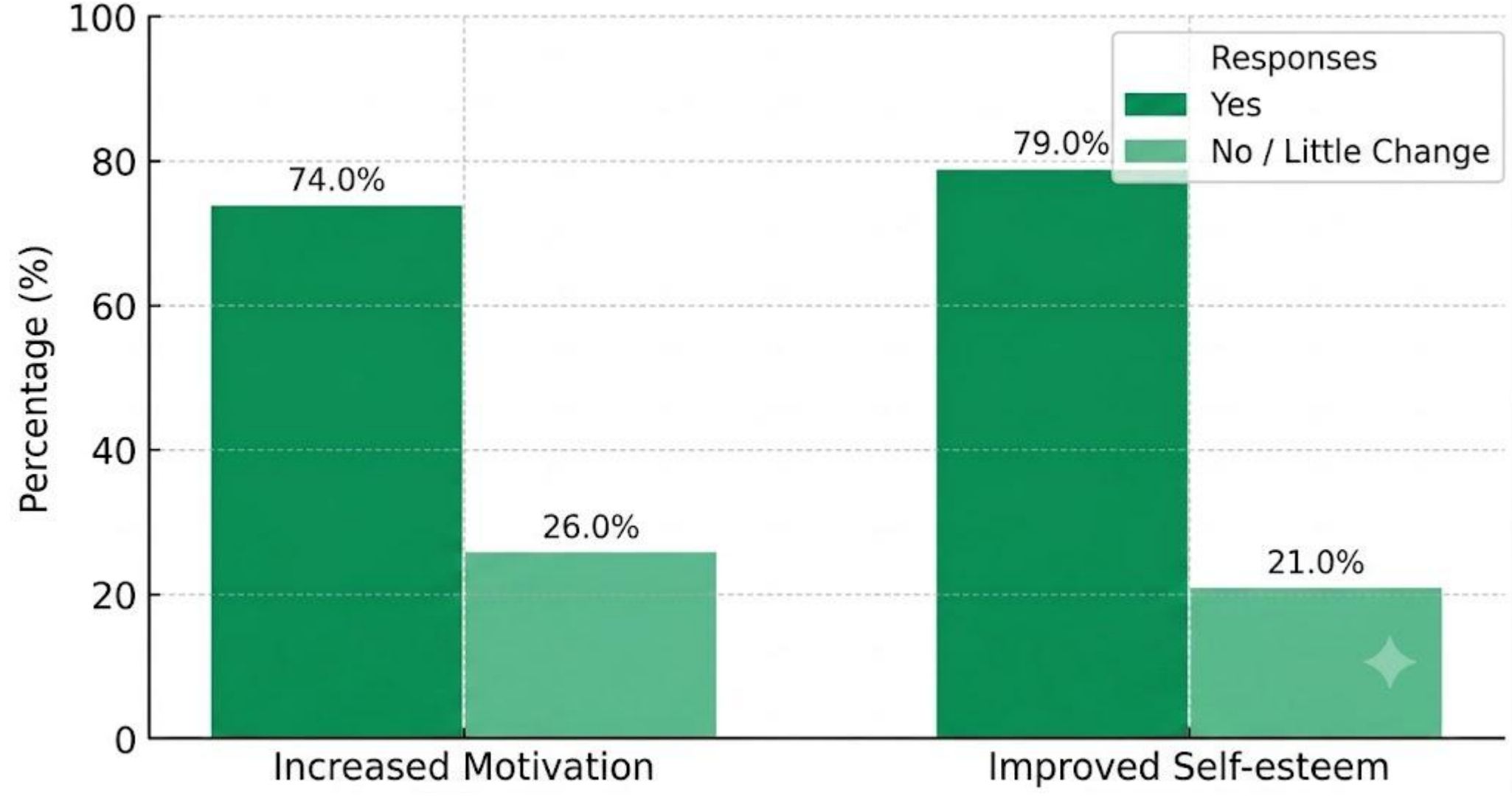
Graphic 1: educational level and age at diagnosis



Graphic 2: Prior diagnoses received before ADHD diagnosis



Graphic 3. Self-reported symptoms and functional challenges in daily life



Graphic 4. Reported changes since start of treatment (n = 38)

Conclusión

Clear, patient-centered neuropsychological feedback supports treatment adherence in adults with ADHD and is associated with improved self-esteem and functioning. Earlier diagnosis and treatment were associated with higher educational attainment. Although NPA is not diagnostic, it enhances understanding of strengths and weaknesses. Treatment increased motivation, family psychoeducation remains underutilized. Clinicians prioritized functional outcomes. Despite low uptake, body doubling was perceived as beneficial. Given frequent forgetting of session content, documentation and between-session communication were highly valued. These findings inform optimization of feedback, intervention design, and family inclusion in adult ADHD care.



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