Table H-9. Findings on cognitive behavioral therapy interventions for ADHD

| **Study**  **(Companion)**  **N**  **Qualitya**  **Design**  **Age Categoryb** | **Intervention** | **Comparison** | **Follow-up Times** | **Findings–Intervention** | **Findings–Comparison** | **Between group P value** |
| --- | --- | --- | --- | --- | --- | --- |
| **Changes in standardized symptom scores** | | | | | | |
| Vidal, 201546  119  Good  RCT  b | CBT | Usual care | 12 weeks | ADHD-RS Adolescent Inattention  Mean 10.14 (0.51)  ADHD-RS Adolescent Impulsivity  Mean 8.29 (0.7)  ADHD-RS Parents Inattention  11.31 (0.58)  ADHD RS Parents Impulsivity  Mean 7.72 (0.77) | ADHD-RS Adolescent Inattention  Mean 14.47 (0.5)  ADHD-RS Adolescent Impulsivity  Mean 11.72 (0.7)  ADHD-RS Parents Inattention  Mean 16.99 (0.6)  ADHD RS Parents Impulsivity  Mean 11.56 (0.78) | ES=8.57 (p<.001)  ES=4.9 (p<.001)  ES=9.62 (p<.001)  ES=4.95 (p<.001) |
| Boyer, 201547  (Boyer, 201548)  159  Fair  RCT  b | CBT with an aim to improve planning skills | Solution-focused CBT without an aim to improve planning skills | 3 months  12 months | ADHD symptom scale – combined inattentive and Hyperactivity/Impulsivity  Mean = 18.66 (9.64)  Disruptive Behavior Disorders – summarized ODD/CD subscales  Mean = 5.84 (5.49)  ADHD symptom scale – combined inattentive and Hyperactivity/Impulsivity  Mean = 18.41 (9.76)  Disruptive Behavior Disorders – summarized ODD/CD subscales  Mean = 4.74 (4.30) | ADHD symptom scale – combined inattentive and Hyperactivity/Impulsivity  Mean = 19.99 (9.69)  Disruptive Behavior Disorders – summarized ODD/CD subscales  Mean = 5.99 (5.78)  ADHD symptom scale – combined inattentive and Hyperactivity/Impulsivity  Mean = 20.02 (8.21)  Disruptive Behavior Disorders – summarized ODD/CD subscales  Mean = 4.55 (3.80) | p < .001  p < .001 |
| **Depression or anxiety** | | | | | | |
| Boyer, 201547  (Boyer, 201548)  159  Fair  RCT  b | CBT with an aim to improve planning skills | Solution-focused CBT without an aim to improve planning skills | 3 months  12 months | Child Depression Inventory  Mean = 8.92 (6.82)  Screen for Child Anxiety Related Emotional Disorders  Mean = 20.49 (16.17)  Child Depression Inventory  Mean = 7.68 (5.10)  Screen for Child Anxiety Related Emotional Disorders  Mean = 18.86 (14.39) | Child Depression Inventory  Mean = 9.21 (5.57)  Screen for Child Anxiety Related Emotional Disorders  Mean = 19.54 (18.17)  Child Depression Inventory  Mean = 8.48 (4.65)  Screen for Child Anxiety Related Emotional Disorders  Mean = 18.53 (16.17) | p < .001  p < .001 |
| **Functional impairment** | | | | | | |
| Vidal, 201546  119  Good  RCT  b | CBT | Usual care | 12 weeks | CGI-S Self Report  Mean 2.9 )0.12)  CGI-S Clinician  2.86 (0.07) | CGI-S Self Report  Mean 3.35 (0.12)  CGI-S Clinician  3.4 (0.07) | ES=3.75 (p<.001)  ES=7.71 (p<.001) |

a See Methods section “Quality Assessment of Individual Studies” for definitions of quality assessment ratings.

b Age categories: a = children aged ≤6 years, b = children aged 7-17, c = children of all ages ≤17.

Abbreviation: CBT=cognitive behavioral therapy; CGI-S=Clinical Global Impression-Severity; ODD/CD=Oppositional defiant disorder/conduct disorder