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, 201546119GoodRCTb | CBT  | Usual care | 12 weeks | ADHD-RS Adolescent InattentionMean 10.14 (0.51)ADHD-RS Adolescent ImpulsivityMean 8.29 (0.7)ADHD-RS Parents Inattention11.31 (0.58)ADHD RS Parents ImpulsivityMean 7.72 (0.77) | ADHD-RS Adolescent InattentionMean 14.47 (0.5)ADHD-RS Adolescent ImpulsivityMean 11.72 (0.7)ADHD-RS Parents InattentionMean 16.99 (0.6)ADHD RS Parents ImpulsivityMean 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)159FairRCTb | CBT with an aim to improve planning skills | Solution-focused CBT without an aim to improve planning skills  | 3 months12 months | ADHD symptom scale – combined inattentive and Hyperactivity/ImpulsivityMean = 18.66 (9.64)Disruptive Behavior Disorders – summarized ODD/CD subscalesMean = 5.84 (5.49)ADHD symptom scale – combined inattentive and Hyperactivity/ImpulsivityMean = 18.41 (9.76)Disruptive Behavior Disorders – summarized ODD/CD subscalesMean = 4.74 (4.30) | ADHD symptom scale – combined inattentive and Hyperactivity/ImpulsivityMean = 19.99 (9.69)Disruptive Behavior Disorders – summarized ODD/CD subscalesMean = 5.99 (5.78)ADHD symptom scale – combined inattentive and Hyperactivity/ImpulsivityMean = 20.02 (8.21)Disruptive Behavior Disorders – summarized ODD/CD subscalesMean = 4.55 (3.80) | p < .001p < .001 |
| **Depression or anxiety** |
| Boyer, 201547(Boyer, 201548)159FairRCTb | CBT with an aim to improve planning skills | Solution-focused CBT without an aim to improve planning skills  | 3 months12 months | Child Depression InventoryMean = 8.92 (6.82)Screen for Child Anxiety Related Emotional DisordersMean = 20.49 (16.17)Child Depression InventoryMean = 7.68 (5.10)Screen for Child Anxiety Related Emotional DisordersMean = 18.86 (14.39) | Child Depression InventoryMean = 9.21 (5.57) Screen for Child Anxiety Related Emotional DisordersMean = 19.54 (18.17)Child Depression InventoryMean = 8.48 (4.65)Screen for Child Anxiety Related Emotional DisordersMean = 18.53 (16.17) | p < .001p < .001 |
| **Functional impairment** |
| Vidal, 201546119GoodRCTb | CBT  | Usual care | 12 weeks | CGI-S Self ReportMean 2.9 )0.12)CGI-S Clinician2.86 (0.07) | CGI-S Self ReportMean 3.35 (0.12)CGI-S Clinician3.4 (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