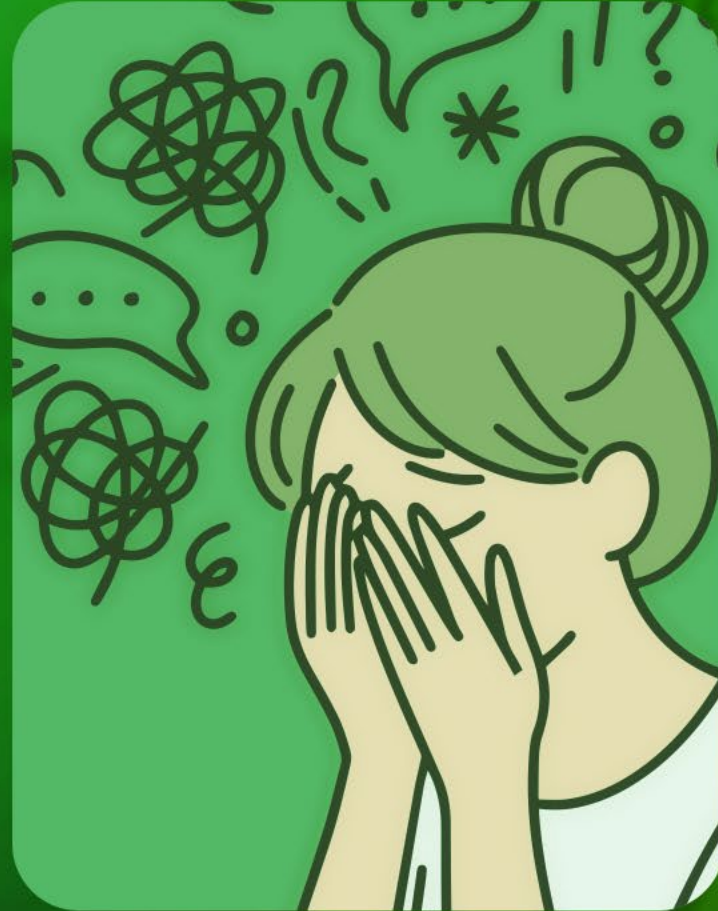


Features Out of Focus:
***Recognition and
Treatment of Emotional
Dysregulation and
Executive Dysfunction
in ADHD***

Module 1



Faculty

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Faculty Disclosures

- **Craig Chepke, MD, DFAPA:** Advisory Board — AbbVie, Acadia, Alkermes PLC, Axsome Therapeutics, Biogen, Bristol Myers Squibb, COMPASS Pathways, Corium, Eli Lilly, Idorsia, Intracellular Therapeutics, Jazz, Johnson & Johnson, Lundbeck, Moderna, Neurocrine, Otsuka, Sage, Sumitomo, Takeda, Teva; Consultant — AbbVie, Acadia, Alkermes PLC, Axsome Therapeutics, Biogen, Boehringer Ingelheim, Bristol Myers Squibb, Cingulate Therapeutics, Corium, Eli Lilly, Intracellular Therapeutics, Jazz, Johnson & Johnson, Lundbeck, MedinCell, Moderna, Neurocrine, Otsuka, Sage, Sumitomo, Supernus, Teva; Grant/Research Support — Acadia, Axsome Therapeutics, Harmony, Neurocrine, Teva; Speakers Bureau — AbbVie, Acadia, Alkermes PLC, Axsome Therapeutics, Bristol Myers Squibb, Corium, Intracellular Therapeutics, Jazz, Johnson & Johnson, Lundbeck, Luye, Merck, Neurocrine, Otsuka, Sumitomo, Takeda, Teva

Disclosures

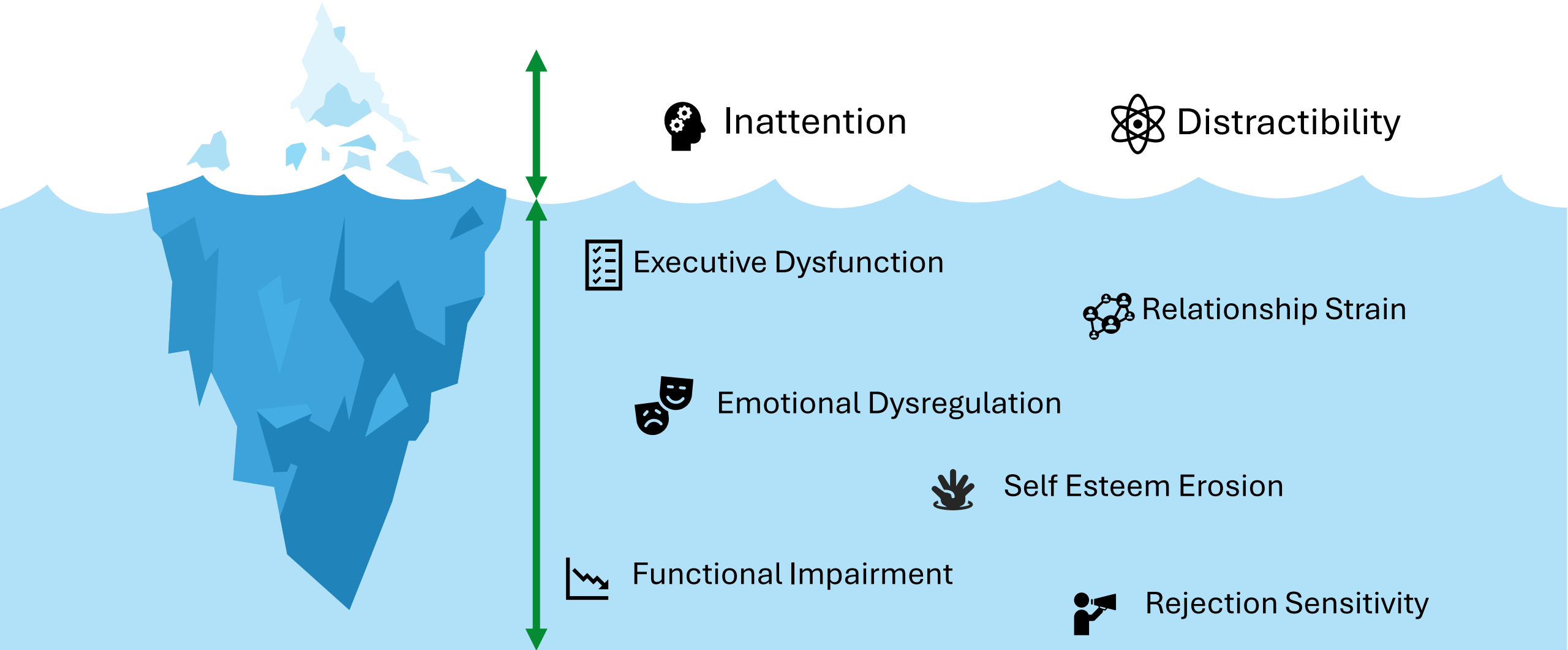
- The faculty have been informed of their responsibility to disclose to the audience if they will be discussing off-label or investigational use(s) of drugs, products, and/or devices (any use not approved by the US Food and Drug Administration)
- Applicable CME staff have no relationships to disclose relating to the subject matter of this activity
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Learning Objectives

- Describe the prevalence and burdens of ADHD symptoms/features beyond current diagnostic criteria, such as executive dysfunction, emotional dysregulation, and common psychiatric comorbidities

ADHD Beyond the Core Symptoms

ADHD Is More Than What We See on the Surface



Barkley, R. A. (2010). Deficient Emotional Self-Regulation: A Core Component of Attention-Deficit/Hyperactivity Disorder. *Journal of ADHD and Related Disorders* 1, 5-37. Graziano, P. A. & Garcia, A. (2016). Attention-deficit hyperactivity disorder and children's emotion dysregulation: A meta-analysis. *Clin Psychol Rev* 46, 106-23

ADHD Is Prevalent in All Age Groups

Historically, ADHD has been thought of as a childhood disorder, but it has been demonstrated to persist into adulthood



8%
of children
are diagnosed
with ADHD



6%
of adolescents
are diagnosed
with ADHD



4.4%
of adults
are diagnosed
with ADHD



2.8%
of seniors
are diagnosed
with ADHD

**Up to 65% of children with ADHD continue
to experience the disorder into adulthood**



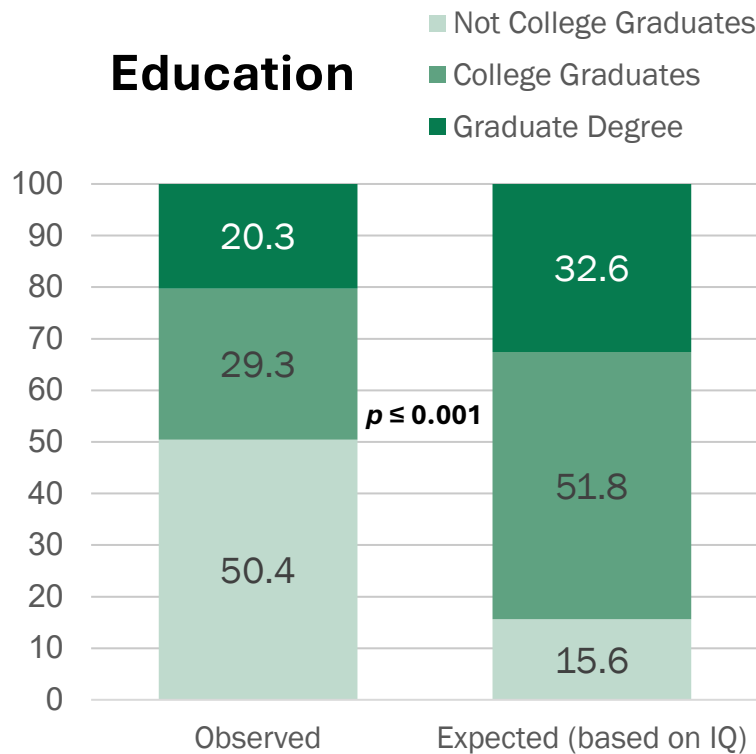
Triggered Tina

ADHD and Executive Function

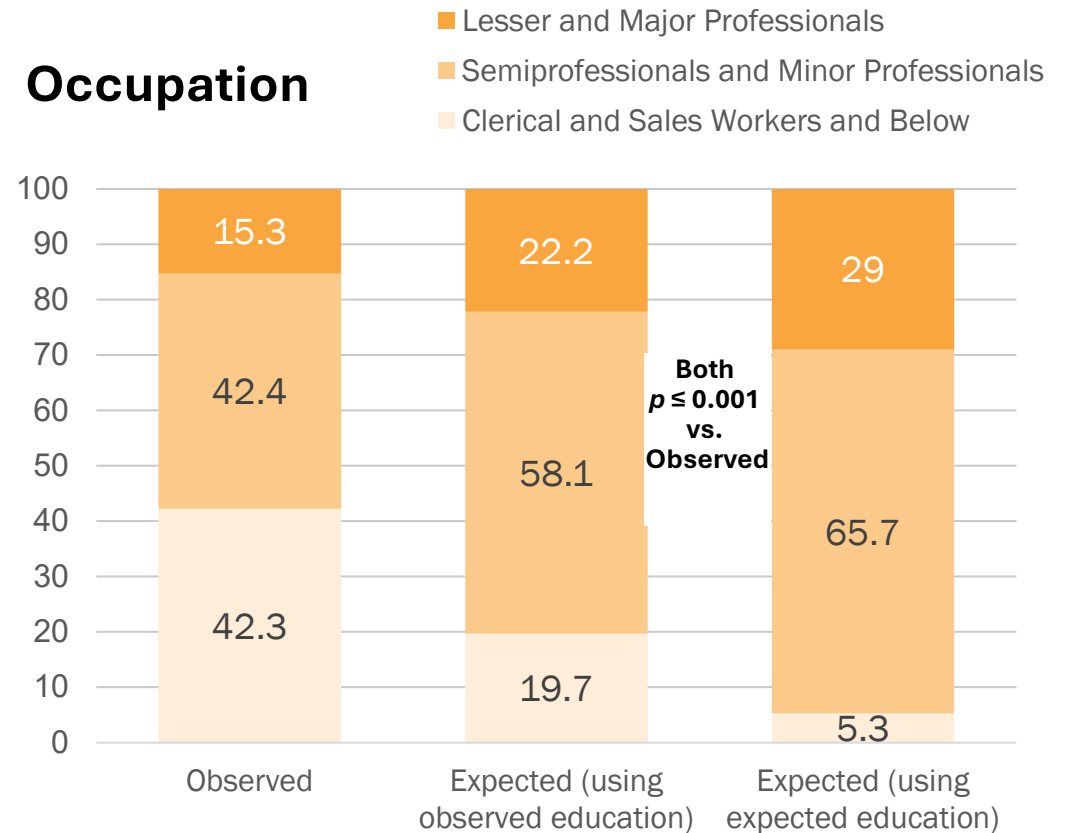
“What Is Executive Function?” November 2025 by Russ Barkley

Clinical scale	Items measure the ability to:
Inhibit	control impulses and stop certain behaviors at appropriate times
Shift	move from task to task and solve problems flexibly
Emotional Control	regulate emotional responses appropriately
Self-Monitor	recognize and monitor effect of own behavior on others
Initiate	initiate tasks and generate ideas
Working Memory	keep information being used in mind while completing a task
Plan/Organize	set goals and effectively plan and execute tasks necessary for attaining said goal
Task Monitor	check one's own work and assess personal performance
Organization of Materials	keep workspaces, living areas, and materials orderly

Adults with ADHD Have Lower-Than-Expected Educational and Occupational Attainments



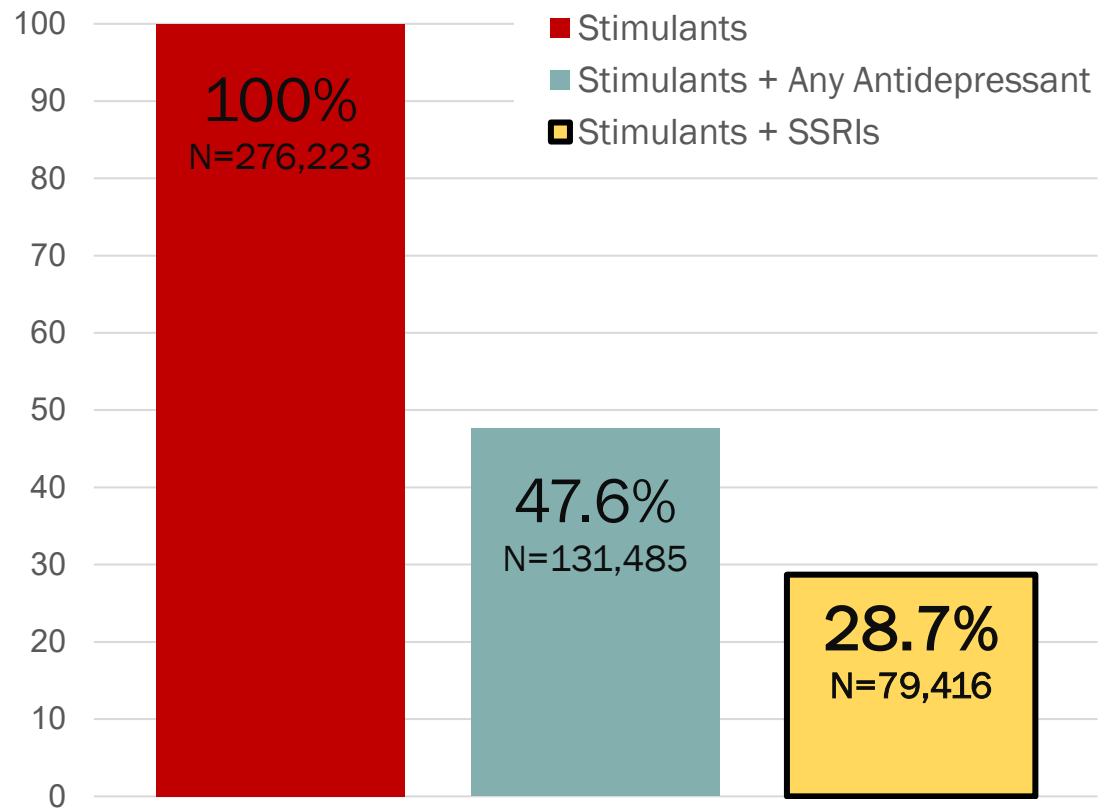
Although adults with ADHD had the intellectual potential for far higher educational attainment, **~50%** only completed college, and only **~20%** earned graduate degrees



Although 80–95% of adults with ADHD were expected to reach professional or managerial occupational levels, **only 58% achieved these roles**

High Stimulant and SSRI Co-Prescribing: Could Serotonin Be A Missing Piece in ADHD?

In an observational study of commercially insured U.S. adults prescribed Schedule II stimulants, **nearly 30% using stimulants also received SSRIs**



High SSRI co-prescribing indicates compensation for symptoms **not fully addressed by stimulants**



Serotonergic pathways may indicate an important therapeutic target in ADHD, particularly for symptoms associated with **emotional dysregulation**

Key Learning Points



- ADHD extends **beyond inattention and hyperactivity**, often affecting executive function, emotional regulation, relationships, and daily functioning.
- Functional impairment and common comorbidities may require broader treatment strategies.
 - **The serotonergic system** may represent an important and neglected therapeutic target in ADHD, particularly for symptoms of emotional dysregulation
- **Structured assessment** of executive dysfunction and emotional self-regulation can help characterize the full functional impact of ADHD.

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Thank You!

