



Department of Psychology
The University of Hong Kong

香港大學心理學系

Departmental Seminar

Innovating non-pharmacological interventions for ADHD

10:00 a.m. – 12:00 p.m. | January 15, 2024 (Monday)

Social Sciences Chamber, 11/F, The Jockey Club Tower | Centennial Campus

The University of Hong Kong



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Abstract

Despite the success of pharmacological treatments for ADHD. The development of effective non-pharmacological interventions remains of a priority for translational science. Unfortunately, to date, the performance of such interventions in well-designed randomised controlled trials, has been disappointing – particularly in terms of controlling core ADHD symptoms. In this talk I will first highlight the need to base ADHD intervention innovation on the principles of translational science informed by a developmental framework. I will then go onto review the meta-analytic evidence for the benefits of three of the most popular non-pharma interventions – Behavioural Parent Training, Cognitive Training and Neurofeedback – describing their strengths and weaknesses. I will then review potential barriers to their effectiveness and ways that these can be potentially overcome – focusing on the targeting and tailoring (precision approaches) and the timing (prevention approaches) of interventions. In the final part of the talk, I will reconsider the purpose of ADHD interventions and how the neurodiversity perspective focuses us more on promoting skills and psychological growth rather than reducing symptoms or remediating cognitive deficits.

About the Speaker

Edmund Sonuga-Barke is Professor of Developmental Psychology, Psychiatry and Neuroscience at the Institute of Psychiatry, Psychology and Neuroscience, King's College London. He was appointed to King's in January 2017, following 19 years as Professor in the School of Psychology, University of Southampton. He is Deputy Lead of the Child Mental Health and Neurodevelopmental Disorders Theme at the NIHR Maudsley Biomedical Research Centre. Motivated by his own experience of growing up with learning difficulties his research focuses on understanding the origins of neuro-developmental differences, particularly variations in attention and impulse control (i.e., ADHD), and their impact on mental health. To this end, he employs basic developmental science approaches to study the genetic and environmental bases of risk and resilience and the role of mediating brain processes. The ultimate goal of this work is to develop more effective interventions that reduce impairment and promote growth. Professor Sonuga-Barke is a Fellow of the Academy of Medical Sciences (elected 2016) and The British Academy (elected 2018). In 2019 he was elected a Skou Professor at Aarhus University, Denmark. He is the editor-in-chief of the Journal of Child Psychology & Psychiatry. He has also been Elected Member of Academia European in 2023.



~All are Welcome~

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