# Article information:

adhd cbt - Search Results - PubMed
[https://pubmed.ncbi.nlm.nih.gov/?term=adhd+cbt=abstract](https://pubmed.ncbi.nlm.nih.gov/?term=adhd+cbt&format=abstract)

# Article summary:

1. This study aimed to explore whether cognitive behavioral therapy (CBT) combined with medication is superior to CBT alone in treating adult attention-deficit/hyperactivity disorder (ADHD).

2. A total of 124 patients received 12 weeks of manualized CBT sessions, either with or without medication.

3. The results showed that both groups had robust improvements in core ADHD symptoms, emotional symptoms and social functional outcomes. However, the combination of CBT and medication did not show superiority in core symptoms, emotional symptoms and self-esteem compared to CBT alone.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy as it provides a comprehensive overview of the study conducted on the efficacy of cognitive behavioral therapy (CBT) combined with medication for treating adult attention-deficit/hyperactivity disorder (ADHD). The article is well-structured and provides detailed information about the methodology used, results obtained, and conclusions drawn from the study. Furthermore, it also includes supplementary information such as publication types, MeSH terms, substances, full text links which adds to its credibility.

However, there are some potential biases that should be noted. Firstly, the sample size used in this study was relatively small which may have affected the accuracy of the results obtained. Secondly, there may be a lack of generalizability as only adults were included in this study while children may respond differently to treatment. Thirdly, there could be a selection bias as only those who agreed to participate were included in the study which could lead to skewed results due to self-selection bias. Lastly, there could be a reporting bias as only positive outcomes were reported while negative outcomes were not mentioned which could lead to an overestimation of the effectiveness of CBT for treating ADHD in adults.

# Topics for further research:

* Cognitive Behavioral Therapy for ADHD in Children
* Medication for Adult ADHD
* Self-Selection Bias in Clinical Trials
* Reporting Bias in Research Studies
* Sample Size and Statistical Significance
* Generalizability of Clinical Trial Results

# Report location:

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