

I would like to thank the Foundation PSA for enabling me to attend the 7th World Congress on ADHD: From Child to Adult Disorder, in April 2019 in Lisbon, and to present my research results: Improved executive functioning but not ADHD symptoms in children and adolescents with ADHD at 1-year follow-up.

The congress was a great opportunity to learn more about ADHD across the lifespan, and I attended many interesting talks and workshops, and got to talk to clinicians from all over the world and to discuss the differences and similarities in ADHD assessment and treatment in different countries.

In terms of adolescence and ADHD, there were many presentations about late onset ADHD, referring to the onset of clinically significant ADHD symptoms after the age of 12, i.e. in adolescence or adulthood. For example, siblings may be at increased risk for developing late-onset ADHD, and higher maternal depression and lower socioeconomic status have predicted late-onset ADHD. Novel treatment options included mindfulness-based interventions for youth and for their parents, in order to provide a self-regulatory method for strengthening attentional processes and executive function, fostering those skills that seem to be underdeveloped in individuals with ADHD.

The congress inspired me to start working on a journal publication on my follow-up study. To help with this, I am planning to read the new book *The World Federation ADHD Guide*, which was launched at the congress. To support my clinical work, I am planning to use the *Canadian ADHD Practice Guidelines worksheets* (caddra.ca), which were recommended at the congress.