



## **Cognitive Behavioural Therapy for Adolescents with Attention- Deficit/Hyperactivity Disorder (ADHD)**

**Does your teen have or do you think your teen has Attention- Deficit / Hyperactivity Disorder (ADHD)?**

**Is your teen 13 to 17 years of age?**

**If so, you and your teen may be interested in participating in this study being conducted at the Montreal Children's Hospital**

The ADHD Research Program of the Montreal Children's Hospital is conducting a research study on using Cognitive Behaviour Therapy for adolescents with ADHD. Eligible participants can choose to be on medication or not. If they choose to be on medication, an optimal dose will be carefully determined and then participants will be assigned by chance to one of three groups:

- Cognitive Behaviour and Skills Training Therapy
- Supportive Group Therapy
- Treatment as Usual in the Community

Therapy groups will have 12 weekly group meetings (4:30 pm to 6:00 pm). Parents will meet separately on alternate weeks during the adolescent group meetings. Each meeting will last 1 ½ hours long. Adolescents in the therapy groups will be given a coach who will be in touch by phone twice a week to help them throughout their participation in the study.

- ☑ There are no fees for participating in this research program.
- ☑ A medical referral from your family doctor is mandatory.
- ☑ Referrals for adolescents can be made directly to our team, with or without a previous ADHD evaluation. We will evaluate all potential participants.
- ☑ Interested participants can contact the team at the number below.

Contact Us:

**514-412-4400 ext.23286**  
**[adolescent.adhd.cbt@gmail.com](mailto:adolescent.adhd.cbt@gmail.com)**



**L'Hôpital de Montréal pour enfants  
The Montreal Children's Hospital**  
Centre universitaire de santé McGill  
McGill University Health Centre

