

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

Does your teen have ADHD? (Confirmed or suspected)?

Is your teen 13 to 17 years of age?

You might be interested in participating in this study at the Montreal Children's Hospital!

What's the study about?

Participants will be randomly assigned to one of two groups:

- **12 weeks of Cognitive Behaviour and Skills Training Therapy**
 - Includes parent groups and personalized coach calls
 - Teaches skills related to time management, organization, study habits, anger management, self-esteem (and more!)
- **12 weeks of Support Group Therapy**
 - Includes parent groups and personalized coach calls
 - Consists of group discussions relating to the specific interests and experiences of the adolescents (e.g. driving & ADHD, working & ADHD)

ADHD medication is not mandatory, but dose will be optimized if used

There are no fees to participate in this research program

Want more information?

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