

Abstract for symposium at Nordic Meeting in Neuropsychology 2024

**Title of the symposium:** ADHD: Psychological interventions

**Chairs:**

- Astri J. Lundervold, Professor at Department of Biological and Medical Psychology, University of Bergen, Norway
- Merete Glenne Øie, Professor at Department of Psychology, University of Oslo, Norway, and Department of Research, Innlandet Hospital Trust, Brumunddal, Norway

**Presenters:**

- Tatja Hirvikoski, Associate Professor, Center for Neurodevelopmental Disorders at Karolinska Institutet, KIND, Sweden. *“Non-pharmacological interventions for people with neurodevelopmental conditions in stepped-care models.”*
- Ingvild Haugen, Post doc, Innlandet Hospital Trust and Agnete Dyresen, PhD candidate, University of Oslo and Lovisenberg Hospital, Norway. *“Executive control training for adolescents with ADHD: A randomized controlled effectiveness trial.”*
- Daniel Jensen, PhD: *“Goal Management Training in adults with ADHD.” Helse Bergen.*
- Emilie Nordby, PhD candidate University of Bergen: *“A blended intervention targeting emotion dysregulation in adults with ADHD.” Helse Bergen.*

**Brief description of symposium:**

In this seminar, we will present psychological interventions adapted to the needs of adolescents and adults with ADHD. Tatja Hirvikoski, our keynote speaker, has a long-term clinical and research experience of assessment and treatment of neurodevelopmental conditions. She has developed first-line non-pharmacological interventions in stepped-care services model, including the PEGASUS psychoeducational program for adults with ADHD and their close relations, SCOPE internet-delivered psychoeducation for autistic emerging adults, and currently being responsible for evaluation of psychoeducation intervention Prisma for autistic adults and their close relations. In her presentation, she will present her work to develop and investigate effects of non-pharmacological interventions for people with neurodevelopmental conditions.

Three psychological intervention studies will then be presented by Norwegian researchers. Two of those are inspired by the Goal Management Training program and target executive function in adolescents and adults with ADHD. A third study combines group sessions with a companion app in a program targeting emotion regulation in adults with ADHD, inspired by principles of dialectic behaviour therapy. Designs, results from pilot and RCT studies and future direction will be presented.