

ADHD Treatment Pros & Cons Worksheet

Compare options so you can make informed decisions with your clinician.

Medication (Stimulant)

Common examples: methylphenidate, lisdexamfetamine. Used in both children and adults following NICE guidance NG87.

- Pros: Rapid effect, improves focus and impulse control for many people, flexible dosing.
- Cons: Possible appetite suppression, sleep disturbance, increased heart rate; requires regular reviews.
- Questions to ask: How will we monitor side effects? What if the first dose is too strong?

Medication (Non-stimulant)

Examples: atomoxetine, guanfacine. Often considered when stimulants are unsuitable or as combination therapy.

- Pros: Smoother coverage across the day, helpful for co-occurring anxiety or tics.
- Cons: Takes weeks to reach full effect, may cause low blood pressure or stomach upset.
- Questions to ask: How do we taper on/off? What monitoring is required?

Psychological & coaching supports

Write reflections on how each option aligns with your values, budget and access.

- CBT or skills training for planning, problem-solving and emotional regulation.
- ADHD coaching for routines, accountability and environmental adjustments.
- Psychoeducation programmes for families, schools and workplaces.
- Occupational therapy for sensory integration and daily living skills.

Notes: _____
