Online learning tool improves GPs' understanding of ADHD

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Abstract

Attention deficit hyperactivity disorder, or ADHD, is a neurological disorder that affects up to 5% of children and adults. Symptoms of undiagnosed and untreated ADHD can interfere with individuals' health, education, and overall livelihood. That makes early diagnosis of ADHD critical. Unfortunately, limited knowledge and experience with ADHD among general practitioners (GPs) can create barriers to long-term care. To address this problem, researchers from the UK have developed an online resource to improve GPs' awareness and understanding of ADHD. The resource consists of two 20-minute modules that combine text and interactive activities such as patient testimonies, drag-and-drop games, and specialist videos. The first module focuses on the science of ADHD and the different ways it can manifest in individuals. The second reviews the GP's role in diagnosing and treating ADHD. Tested among 131 practicing GPs, the online tool produced measurable improvements in participants' knowledge and confidence about the disorder, while reducing misconceptions regarding ADHD. Although more work is needed to replicate these findings in larger and more varied settings, the findings highlight the potential of using multimedia learning tools to improve the treatment and diagnosis of ADHD. To access this educational program, please visit [www.adhdinfo.org.uk](<http://www.adhdinfo.org.uk>)