



E-Library

Young Adults Age 18 to 25

Disclaimer Resources are from national organizations, reputable websites and podcasts, and scientific journal articles. The Duke Center for Girls & Women with ADHD is not responsible for the content or security and privacy policies on third party websites. If there are resources you would like to see in the e-library, please email our staff at ADHDGirls@dm.duke.edu for consideration.

Books

[Adventures in Fast Forward: Life, Love, and Work for the ADD Adult](#) Kathleen G. Nadeau

[Out of the Fog: Treatment Options and Coping Strategies for Adult Attention Deficit Disorder](#) Kevin R. Murphy, PhD, and Suzanne LeVert

[Taking Charge of Adult ADHD](#) Russell A. Barkley, PhD, with Christine M. Benton

[The Mindfulness Prescription for Adult ADHD](#)
Dr. Lidia Zylowska

Websites

[ADDitude Magazine](#)

[American Academy of Child & Adolescent Psychiatry ADHD Resource Center](#)

- [ADHD and the Brain](#)
- [ADHD](#)
- [Types of Psychiatric Medications](#)

[Attention Deficit Disorder Association](#)

[Centers for Disease Control and Prevention](#)

[Healthline](#)

[How to ADHD](#)

[National Resource Center \(NRC\) on ADHD a CHADD program](#)

[Psychiatry - UK The National Online Psychiatry Service](#)

[UC Davis Mind Institute](#)

Podcasts and Webinars

[ADDitude Magazine](#)

[CHADD](#)

[Therapy for Black Girls – Episode 197: ADHD Diagnosis Later in Life](#)

[Why is ADHD Different for Women: Gender-Specific Symptoms & Treatments](#)

National Organizations

[Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)

[National Institute of Mental Health \(National Institutes of Health\)](#)

[The American Professional Society of ADHD and Related Disorders](#)

Scientific Articles

[Annual Research Review: Attention Deficit/Hyperactivity Disorder in Girls and Women: Underrepresentation, Longitudinal Processes, and Key Directions¹](#) Stephen P. Hinshaw et al.

A summary of this article, and interview with one of the co-authors, is available on the Duke Center for Girls & Women with ADHD's website.

[Females with ADHD: An expert consensus statement taking lifespan approach providing guidance for the identification and treatment of attention-deficit/hyperactivity disorder in girls and women²](#) Young et al.

[Genetics of Attention Deficit Hyperactivity Disorder³](#)
Stephen V. Faraone & Henrik Larsson

[Practitioner Review: What Have We Learnt About the Causes of ADHD?⁴](#) Anita Thapar et al.

References

¹Hinshaw SP, Nguyen PT, O'Grady SM, Rosenthal EA. Annual Research Review: Attention-deficit/hyperactivity disorder in girls and women: underrepresentation, longitudinal processes, and key directions. *J Child Psychol Psychiatry*. 2022;63(4):484-496. Doi:10.1111/jcpp.13480

²Young S, Adamo N, Ásgeirsdóttir BB, et al. Females with ADHD: An expert consensus statement taking a lifespan approach providing guidance for the identification and treatment of attention-deficit/hyperactivity disorder in girls and women. *Bmc Psychiatry*. 2020;20(1):404. Doi:10.1186/s12888-020-02707-9

³Faraone SV, Larsson H. Genetics of attention deficit hyperactivity disorder. *Mol Psychiatry*. 2019;24(4):562-575. doi:10.1038/s41380-018-0070-0

⁴Thapar A, Cooper M, Eyre O, Langley K. What have we learnt about the causes of ADHD? *J Child Psychol Psychiatry*. 2013;54(1):3-16. doi:10.1111/j.1469-7610.2012.02611.