

Review of: "Neuropsychiatric and Social Consequences of Attention Deficit Hyperactivity Disorder in Females"

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Thank you for the authors. This article highlights the under-recognition and under-diagnosis of attention-deficit/hyperactivity disorder (ADHD) in females until recently. Females often navigate through years of symptoms without appropriate support, leading to adverse outcomes for both the individuals themselves and those who try to support them. The perspective presented in this article describes the lived experience of females with ADHD in their own words, exploring and explaining the challenges they face while growing up and living with ADHD. It addresses the potential adverse consequences they face, their predictors, and the neurobiological differences between ADHD and neurotypical females. The article discusses the physical and psychological comorbidity, altered cognition and coordination, and generalized hypersensitivity often experienced by females with ADHD. It examines impairments in empathy and emotional connectivity associated with ADHD, as well as the effects of masking, which is more common in females. The article also considers the implications for increased self-harm, suicidality, conflict, and criminal conviction among females with ADHD, offering suggestions on how these risks can be mitigated. While some of these issues also apply to males with ADHD, this narrative review specifically emphasizes the issues that most often affect females, as their experiences, perspectives, and needs have been largely overlooked until recently.

The article critically reviews existing knowledge about females with ADHD. The findings of various studies demonstrate that ADHD can lead to different symptoms and outcomes in females compared to males, and some characteristics may be different when compared to neurotypical females. The sources presented in the article are drawn from a range of research studies and appropriately used to support the arguments made in the article. However, it should be noted that further research and in-depth analysis are needed in some areas. Specifically, more research is needed to understand why females with ADHD are at higher risk of suicide and what can be done to obtain more information in this regard.

The article effectively highlights the challenges and adverse outcomes faced by females with ADHD. It mentions that Cognitive Behavioral Therapy (CBT) and psychotherapy, such as Acceptance and Commitment Therapy (ACT), are often helpful, especially for females, while stimulants can improve concentration and facilitate task completion. The importance of early diagnosis and treatment for improved long-term outcomes is emphasized. Additionally, the issue of therapy adherence, which can be a major concern for all individuals with ADHD, is acknowledged, particularly for females. A recent systematic review on the role of CBT recognizes this issue and provides detailed guidance. The article also highlights the high rate of ADHD among female offenders and suggests that CBT may improve executive dysfunction and reduce self-harm in children and harmful actions towards others in adults. Specific individualized therapy may be necessary to address more complex issues. It is essential to focus on reinforcing strengths and achievements during

therapy rather than exclusively on difficulties and challenges.

In conclusion, this article addresses an important topic and highlights the experiences and needs of females with ADHD. The methodological strength of the article and the significance of the findings presented should be acknowledged. However, further research and analysis are needed in some areas. Revising the article in these aspects could enhance its scientific contribution.

Sincerely,