

Natureza do trabalho: Resumo

TÍTULO

ADHD ADULT AND A COGNITIVE-BEHAVIORAL THERAPY

EMMYLLE DE OLIVEIRA E SILVA, MANOEL, DENISE DE MATOS

UNIVERSIDADE FEDERAL DA GRANDE DOURADOS, UFGD, DOURADOS, MS, BRASIL

CENTRO UNIVERSITÁRIO DA GRANDE DOURADOS, UNIGRAN, DOURADOS, MS, BRASIL

RESUMO

Introduction: Attention Deficit Disorder and Hyperactivity is considered by the DSM-IV as a persistent pattern of inattention and / or hyperactivity / impulsivity. In adults, the greatest difficulties are of organization, sustained attention and memory. **Literature Review:** The prevalence of symptoms of ADHD is estimated at 3% to 5% among children of school age. However, the prevalence in the adult is controversial and studies have demonstrated that the persistence of symptoms is 60% to 70% of cases (BARKLEY, et al, 2002 apud MESQUITA, et al, 2009). Treatment of ADHD by means of the Cognitive Behavioral Therapy, according to Doyle (2006) apud Mesquita (2009), comprises four stages - psychoeducation, evaluation of comorbidities, psychotherapy in itself and interventions in the environment. The CBT is appointed as the psychotherapeutic modality with greater scientific evidence of efficacy for the core symptoms of the disorder, for the management of behavioral symptoms associated, as the opposition and functional problems such as procrastination, poor time management and organization (ROSTAIN; RAMSAY, 2006 apud MESQUITA, 2006). **Conclusion:** So, for proposing a evaluation and / or treatment protocol for ADHD in adults is important to take into consideration the patient's medical history, life history, medical history, reported losses, difficulties found, social and family relationships for that can reach an adaptation according to the profile of the patient, since this diagnostic in adulthood is essentially clinical. CBT can help the patient to redirect your attention, restructure your beliefs more adaptive ways and change the way that yourself feel, modify your behaviors and ancillary in social skills. Patients with ADHD learn strategies for problem solving, self monitoring, time management, organizing techniques and methods of concentrated attention, anger control and stress management, being strategies in adult of discipline and modeling dysfunctional behavioral habits.