

# ADHD TUE Policy

## Introduction

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This policy document outlines the medical evidence required to support Therapeutic Use Exemption (TUE) requests to use stimulant medication to treat attention deficit hyperactivity disorder (ADHD). The policy covers the medical evidence required to support i. an initial TUE application (that is, first-time requests for a TUE); and ii. renewal applications.

## A. Required medical evidence to support first-time applications

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### 1. ADHD TUE Application Form

This bespoke TUE application form must be completed rather than the standard four-page form as it contains additional features specific to the diagnosis of ADHD; application forms can be downloaded from the UKAD website.

### 2. Psychiatric Assessment Report

UKAD requires athletes to submit a psychiatric report from a paediatrician, psychiatrist, or other clinician (e.g. clinical psychologist) who specialises in the assessment and treatment of ADHD. This report must provide an assessment of how the DSM-5 criteria for the diagnosis of ADHD have been satisfied and must also contain the following information:

- An outline of the number of years of experience that the notifying specialist has in assessing and treating ADHD and their typical annual ADHD case load
- A summary of the diagnostic schedule and rating scale findings
- A thorough clinical history that includes the age of when the symptoms first presented and any family related history
- An outline of the areas where the impairment is due to ADHD and not related to other co-occurring mental health or physical disorders
- A description of the current presentation and treatment plan
- Details of any behavioural modifying techniques trialled, and drug holidays considered and trialled.

### 3. Diagnostic Schedule

A copy of the diagnostic schedule conducted to support the diagnosis must be submitted with the application.

NB. UKAD will only accept the following diagnostic schedules as clinical evidence to support the diagnosis: ACE+, CAADID, or DIVA-5. A DIVA 2.0 diagnostic schedule will still be accepted as clinical evidence in support of applications, but only if performed before 31 December 2020.

NB. ACE, Conners 3-P, and Young DIVA-5 will be accepted as suitable diagnostic schedules to support applications made by adolescents. However, one of the above referenced clinician-rated diagnostic schedules for adults will need to be performed once an athlete turns 18 years old to support their next application.

### 4. Rating Scales

A copy of the rating scale performed to assess the severity of the disorder must be submitted with the application.

NB. UKAD will only accept DSM-based rating scales such as ADHD-RS, AISRS, ASRS, Barkley, or CAARS.

5. **Other Additional Information**

Where the condition is not newly diagnosed, a copy of the most recent specialist review letter must be enclosed to demonstrate that clinical monitoring and evaluation of treatment is in place.

Please note that first-time applications will not be considered unless the components above and overleaf are enclosed within the application. In cases where an application is incomplete or ambiguous, UKAD may also request athletes to seek a second opinion from an experienced psychiatrist who appears on a register of preferred psychiatrists compiled by UKAD.

## **B. Required medical evidence to support renewal applications**

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1. **ADHD TUE Application Form**

A new ADHD TUE application form should be submitted to support a TUE renewal request.

2. **Psychiatric Annual Review Letter**

UKAD requires athletes to submit an annual clinic review letter from a paediatrician, psychiatrist, or other practitioner (e.g. ADHD nurse specialist or clinical psychologist) who specialises in the treatment and clinical monitoring of ADHD. The following information must be provided within the review letter to support a TUE renewal request:

- Assessment findings from the clinical review meeting that includes a summary of current symptoms
- Up to date rating scale results as evidence that ongoing monitoring of symptom severity is occurring
- Description of the treatment effect over the last 12 months. This must include a report of benefits attributed to the medication and any side-effects reported or observed. If there have been periods without medication, a statement should also be provided as to the symptoms experienced during those periods.
- Treatment plan for the next 12 months.

NB. If the renewal application is supported by an ADHD nurse specialist then they must also provide an outline of the number of years of experience that they have in treating and clinically monitoring ADHD, their typical annual ADHD case load, and name the designated medical practitioner who has oversight of their prescribing practice (where required).

3. **Rating Scales**

A copy of the rating scale performed at the annual clinic review meeting must be submitted with the renewal application. For consistency, the same rating scale that was used in previous years should continue to be used.

NB. UKAD will only accept DSM-based rating scales such as ADHD-RS, AISRS, ASRS, Barkley, or CAARS.

## **Contact Us**

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Questions surrounding this policy (including any difficulties experienced in obtaining a specialist review) should be directed to the UKAD Science and Medicine Team at [tue@ukad.org.uk](mailto:tue@ukad.org.uk).

Athletes and support personnel are also guided to the [Medicine Hub](#) on UKAD's website for frequently asked questions about this policy.