Book Review: An ADHD Primer by Lisa Weandt, second edition

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Available at: https://works.bepress.com/lezamadsen/6/

Why another book on this? The author addresses the question in the introduction: There is no shortage of information on Attention Deficit Hyperactivity Disorder (ADHD). Currently it is one of the most researched psychological disorders, but she believes that much of the information is written from a medical or psychological point of view and is difficult to understand. Dr. Weyandt’s clear, concise informational style will appeal to a wide audience and one of her primary purposes in writing the book was to make the information accessible to those who need it.

The book is written for the general reader who may be interested in the topic because a family member, friend or acquaintance has been diagnosed with ADHD and wants to understand the disorder. She also writes for those individuals dealing with the ADHD child, adolescent, college student, or adult. Parents, teachers, counselors and researchers will find the material comprehensive, timely, and easy to understand. Where there are differing opinions about an issue, such as medication, she includes resources from varying or opposing points of view.

Dr. Weyandt brings together current research from a vast number of scientific and popular sources about the disorder. The chapters include a definition of what it is; its causes; how it is diagnosed and assessed, and how it is treated. She describes home-based as well as school-based treatments and offers practical tools which can be used in working with ADHD children. One chapter describes medical treatment including antidepressants, stimulants, and other approaches, as well as alternative treatments such as massage, yoga, sensory integration training and more. She illustrates the information with charts, statistical data and easily understood drawings of the brain.

She is well-qualified to write about the subject - Dr. Weyandt is a professor at the University of Rhode Island. According to biographical information, she is a leading researcher in the field of ADHD. She is on the *Developmental Neuropsychology, Journal of Attention Disorders,* and *The ADHD Report* editorial board. She also wrote “The Physiological Bases of Cognitive and Behavioral Disorders” (Lawrence Erlbaum Associates, 2006).

I am the Psychology Librarian for Western Washington University. A quick check of the World Cat (a regional library network database) indicates that more than 200 libraries hold the first edition of this title, and over 200 libraries bought the second edition. Her other book “The Physiological Bases of Cognitive and Behavioral Disorders.” is also a widely held I World Cat libraries.

The book is easy to read and understand but is also well-documented with current resource lists including association web sites, books, videos, and journal articles. It
would serve as an excellent survey of the literature, a good resource to locate the primary research cited, and could be used as a textbook.

It is well-written, easily understood even for the lay person I would recommend this title to anyone who wants to know more about ADHD. The book could also serve as a college text.

Leza Madsen is a former member of American Mensa.