

# Effectiveness of the Cognitive–Functional (Cog-Fun A) Intervention for Adults with ADHD

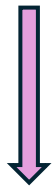
**Jennifer Budman, PhD, OTR/L**

Adina Maeir, Ifat Velder-Shukrun, Shahar  
Zaguri-Vittenberg

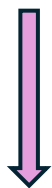
Hebrew University of Jerusalem

# Why This Matters & What We Examined

Adults with ADHD → EF +  
participation challenges



Need for occupation-based +  
metacognitive interventions



Study aims: effectiveness +  
predictors

# Key Findings

(N = 115)

## Quality of Life (AAQoL)

All domains improved significantly ( $p < .001$ )

Clinically significant change ( $\geq 1$  SD): 45%

Reliable change: 34%

Domain-specific clinically significant change:

- Productivity: 43%
- Life Outlook: 37%
- Psychological Health: 48%
- Relationships: 43%

## Executive Function (BRIEF-A)

Behavioral Regulation Index (BRI)

- Significant improvement ( $p < .001$ )
- Clinically significant: 31.8%
- Reliable change: 10%

Metacognition Index (MI)

- Significant improvement ( $p < .001$ )
- Clinically significant: 40.2%
- Reliable change: 29%

## Predictors of Completion ( $p < .05$ )

Female gender  $\rightarrow$  OR = 10.8

Medication use  $\rightarrow$  OR = 3.37

Lower baseline MI impairment  $\rightarrow$  OR 0.81

# What This Means for Occupational Therapy

- ✓ Effective & feasible in community OT
- ✓ Medication collaboration
- ✓ Tailoring support for severe EF deficits at baseline
- ✓ Need for prospective trials

