

A systematic review of interventions to improve executive function in adults with Attention-Deficit / Hyperactivity Disorder

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No financial disclosures

▣ Background: Why adult ADHD & EF?



ADHD prevalence

Children: ~ 5 %



Adults: ~ 2.5 %



> 50% persist into adulthood

Executive function deficits

→ Daily life impact

- Work
- Relationships
- Emotion regulation

□ Research Gap

Current limitations

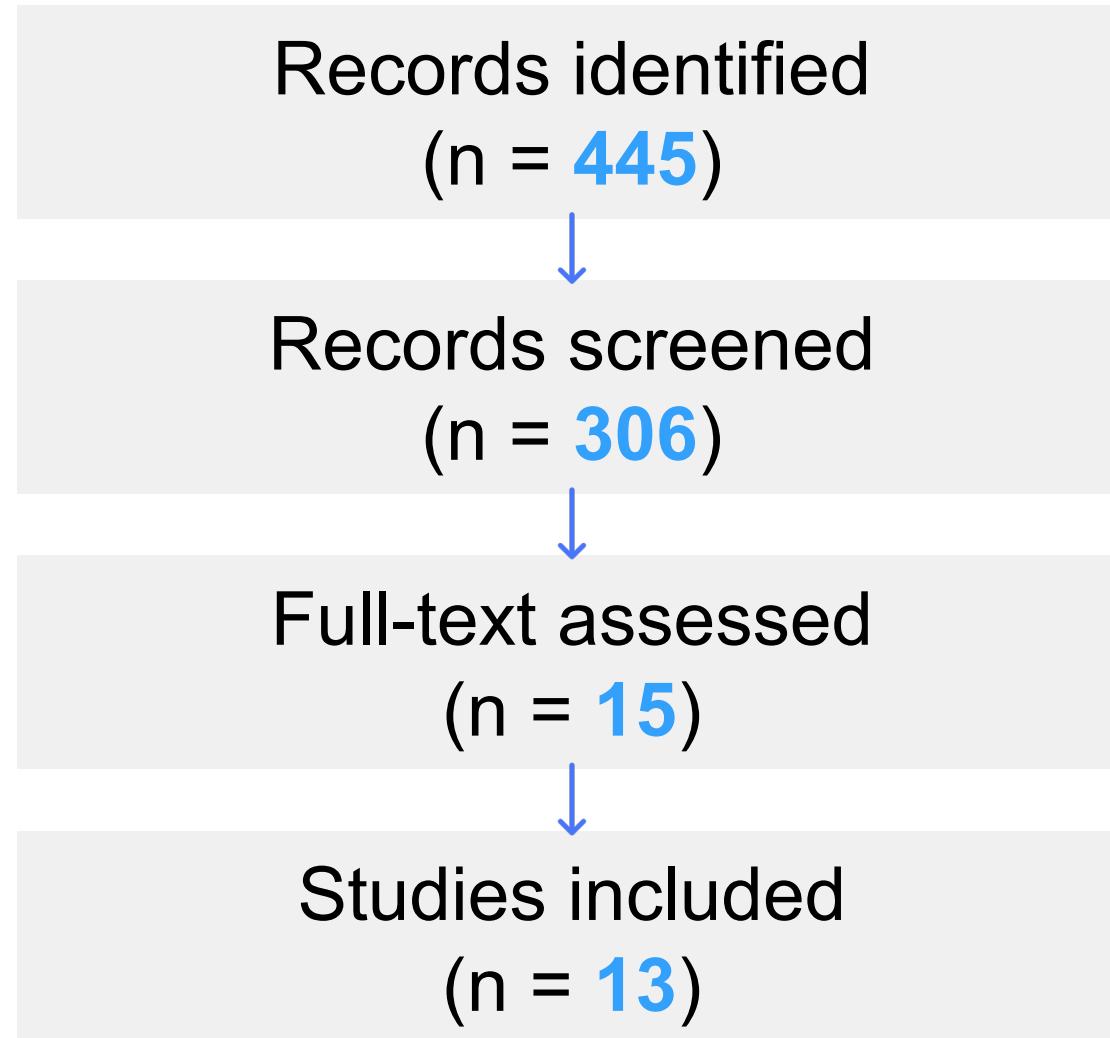
- 01 Children focused research
- 02 Fragmented adult studies
- 03 Diverse interventions & tools

▶ Lack of integrated evidence for adults

□ Objective

To systematically review RCTs on executive function intervention in adults with ADHD

▣ Study Selection



- RCTs only
- 2015-2024
- PRISMA-guided

▣ Results 1: Intervention Methods

*Interventions were categorized into **three** main approaches.*

Cognitive (76.9%)

- Computerized training
- Psychotherapy-based approaches

Activity-based (15.4%)

- Goal-oriented training

Physical (7.7%)

- Mind-body intervention

▣ Results 2: Intervention Effects

Executive Function ↑

- Overall executive function
- Inhibition
- Working memory
- Shifting / Cognitive flexibility
- Emotional control

Additional outcomes

- ADHD symptoms
- Psychosocial symptoms
(depression, anxiety)
- Quality of life
- Occupational performance

▣ Results 3: EF Assessment Tools

12 assessment tools used

⟨ **Assessment strategies** ⟩

Self-report

Performance-based

BRIEF-A

**Most
common**

□ Practice Implications

✓ EF Improvement

(Inhibition, Working memory)

⚠ Limited Translation

(Variability in *intensity* & *duration*)



Clinical Direction

Standardized

+

Context-sensitive
protocols

▣ Limitations & Future directions

Limitations

Methodological heterogeneity

Risk of bias

Diverse assessment tools

Future directions

Meta-analysis

Standardized
outcome measures

□ Conclusion

This review provides:



Evidence

Effectiveness of EF interventions
in adults with ADHD



Structure

Intervention approaches, effect
areas, and assessment tools



Direction

Implications for clinical practice
and future research