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THE IMPORTANCE OF IMPLEMENTING ARTIFICIAL INTELLIGENCE(AI) FOR ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

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Annotation: *This article explores the significance of applying artificial intelligence (AI) in improving the diagnosis, treatment, and overall management of attention deficit hyperactivity disorder (ADHD). It includes different research studies and papers, which discuss valuable insights into how AI can optimize clinical outcomes and quality of life for individuals with ADHD.*

Keywords: *neuroimaging, genetic profiles, clinical limitations, cognitive development, impulsiveness, machine learning.*

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Attention-deficit hyperactivity disorder (ADHD) is one of the most widespread neurodevelopmental disorders that influences on mental, behavioral, and psychosocial development in children. The concept of Attention-Deficit/Hyperactivity Disorder has undergone significant development for over two centuries. The first recorded observations indicating what is now identified as ADHD were made in 1798 by the Scottish physician Sir Alexander Crichton, who described individuals who showed marked distractibility and persistent inability to focus attention. Crichton further noted that such traits generally began in early childhood, which is quite consistent with modern diagnostic conceptualizations. Early in the 20th century, more detailed reports started to appear. In a groundbreaking series of lectures in 1902, Sir George Frederic Still described behavioral traits seen in children with average intelligence but impulsivity, inadequate concentration, and poor self-control. In anticipation of subsequent epidemiological results showing that males are diagnosed with ADHD more commonly than females, still studied twenty such cases, fifteen of which were boys and five of which were girls. The majority of people consider his study to be the first official clinical description of the illness.
More systematic accounts appeared in the early twentieth century. In 1902, Sir George Frederic Still delivered a seminal series of lectures in which he outlined behavioural characteristics observed in children of typical intelligence yet displaying pronounced impulsivity, impaired attention, and limited self-regulation. Still reviewed twenty such cases, fifteen boys and five girls—anticipating later epidemiological findings indicating that males are diagnosed with ADHD more frequently than females. His work is widely regarded as the first formal clinical characterization of the condition.

Modern conceptualizations of ADHD provide successive revisions of the *Diagnostic and Statistical Manual of Mental Disorders*. A major turning point was seen in 1994 with the publication of the DSM-IV, which introduced three distinct subtypes: predominantly inattentive, predominantly hyperactive–impulsive, and combined presentations. Notably, this edition also emphasized that ADHD-related symptoms may persist beyond childhood, challenging earlier assumptions that the disorder is confined to early developmental stages. The most recent research, the DSM-5 (2013), defined these subtypes as "presentations," emphasizing that the manifestation of ADHD symptoms can vary across the lifespan and shift over time. This contemporary perspective underscores the heterogeneous, dynamic, and chronic nature of the disorder, informing current research, clinical assessment, and intervention strategies. (WebMD, 2025)

The majority of symptoms related to ADHD begin to present themselves in children under the age of 12, while some obvious behavioural symptoms are evident by 3 years of age. Symptoms of ADHD can be mild or more severe symptoms causing significant impairment. Symptoms must occur in at least 2 settings (e.g., home and school) and cause dysfunction in development to be considered for a diagnosis. It is important to note that symptoms of ADHD typically persist into adolescence and adulthood. Epidemiological studies typically find prevalence rates greater in boys than in girls with ADHD.Furthermore, the indicators of attention-deficit/hyperactivity disorder (ADHD) daws one gender to express symptoms differently than the other gender: boys are more likely to exhibit overt and disruptive hyperactivity, in contrast to girls, who are more likely to show less overt inattentive symptoms that may go unrecognized in standard clinical settings without corroborating evaluation. Diagnostic systems identify three distinguishable presentations of ADHD that are widely established. In the inattentive presentation, children exhibit predominantly a lack of effort sustaining attention and/or remaining organized and focused on the task or activity required. In the predominantly hyperactive–impulsive presentations, children may show excessive motor activity in a high-energy manner, disruptive behaviours, and/or impulsive actions without consideration of potential consequences or risks of consequences. The combined presentation is identified if a child exhibits enough inattentive signs and/or hyperactivity–impulsivity symptoms to meet the criteria for ADHD based on these symptoms. These manifestations highlight the heterogeneity of ADHD and the importance of partially person-centred assessment approaches that account for developmental, behavioural, and contextual variability in the presentation of the disorder. While we do not know the exact mechanisms underlying ADHD, the literature provides evidence from research that indicates a multifactorial etiology that reflects detrimental genetic influences, neurodevelopmental processes, and environmental exposures. Several key risk factors have been identified, such as having a family history of ADHD or other mental health conditions,

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having been exposed to environmental toxins (i.e., lead), and maternal substance use (alcohol, tobacco, or illicit drugs) during pregnancies. Popular theorizing — such as sugar leading to hyperactivity — is not well-supported by research. It is also important to note that generalized attentional deficits in childhood are not ADHD. ADHD entails significant complications that influence children's academic and psychosocial development. Affected children invariably experience learning problems, increased rates of accidents/injuries, low self-esteem, and difficulties establishing and maintaining relationships with peers and adults. There is also an increased risk of misuse of substances and legal problems, suicidal ideation or behaviour, and some form of sleep disorders. Overall, these noted complications warrant early identification and considerations of intervention to enhance long-term adjustment. (Mayo Clinic, 2025)

According to Alexopoulou and Batsou (2023), these symptoms make it difficult for people with ADHD to meet the requirements of social, professional, and academic contexts. Artificial intelligence (AI) in ADHD research and practice has emerged as a highly promising field of development in recent years. AI technologies provide a plethora of opportunities, ranging from helping with the disorder's early diagnosis to enhancing its ongoing management and treatment. They also create opportunities for more focused, effective, and responsive interventions.

The diagnosis of Attention-Deficit/Hyperactivity Disorder (ADHD) remains a complex clinical challenge due to its heavy reliance on subjective data, practitioner judgment, and evolving diagnostic standards. Traditional assessment procedures such as, clinician interviews, behavioral observations, and self-report scales which are vulnerable to inconsistencies, practitioner bias, and patient misreporting. These challenges are further intensified by limited adherence to standardized diagnostic tools and the variable application of DSM criteria across practitioners. Cultural and racial disparities continue to complicate diagnostic outcomes, with evidence indicating that minority populations may be underdiagnosed despite comparable prevalence rates. Such variability underscores the need for more objective and culturally sensitive diagnostic practices.

Compounding these issues is the high rate of comorbidity between ADHD and other conditions, including anxiety, depression, cognitive disengagement syndrome, and autism spectrum disorder. Overlapping symptom profiles blur diagnostic boundaries, resulting in both underdiagnosis and misdiagnosis. ADHD subtypes differ in their comorbidity patterns, and symptom expression varies across development, further complicating differential diagnosis. These factors collectively call for comprehensive, multidimensional assessment protocols that extend beyond traditional neuropsychological testing. Although neuropsychological tests provide valuable insights into cognitive functioning, they often fail to capture the full spectrum of ADHD manifestations. Emotional dysregulation, real-world executive difficulties, and context-dependent impairments are frequently overlooked in controlled testing environments. Situational factors such as motivation, stress, and fatigue may distort performance, reducing the ecological validity and diagnostic accuracy of such assessments. The result is a diagnostic landscape marked by uncertainty, delays in adult diagnosis, risks of overdiagnosis in children, and missed opportunities for early intervention. Within this context, emerging applications of Artificial Intelligence (AI) offer a promising avenue for enhancing diagnostic accuracy, standardization, and efficiency. AI systems including machine learning (ML) and deep learning (DL) models have demonstrated notable potential in analyzing multimodal data sources such as neuroimaging (MRI, fMRI, EEG), behavioral recordings, genetic markers, and electronic health records. These technologies support the identification of objective neurobiological signatures of ADHD and can classify ADHD subtypes with accuracy levels that often exceed traditional clinical methods. For instance, ML models applied to EEG data have achieved classification accuracies above 80%, while CNN-based deep learning architectures have reached sensitivities exceeding 90% in distinguishing ADHD from neurotypical profiles. Similarly, AI models trained on demographic and clinical data have produced robust diagnostic predictions in pediatric populations.

By detecting subtle behavioral patterns across videos, motion tracking, and observational datasets, AI systems can complement clinical judgment and offer insights that may be inaccessible through human observation alone. Explainable AI tools further contribute to clinical decision-making by clarifying model outputs, improving transparency, and enhancing practitioner trust. These innovations underscore AI's potential to reduce diagnostic subjectivity, facilitate earlier identification, particularly among young children, and promote more equitable assessments by mitigating cultural and racial biases inherent in human-driven evaluation practices. Although AI-driven tools are not yet positioned to replace clinical expertise, they represent a critical advancement toward more objective, scalable, and comprehensive diagnostic frameworks. As research progresses, AI has the potential not only to refine ADHD diagnosis but also to transform ongoing symptom monitoring and treatment personalization. In this way, AI stands at the forefront of efforts to overcome long-standing diagnostic challenges and to shape a more precise, data-driven approach to understanding and managing ADHD. (Yildirim, 2025)

Artificial Intelligence (AI) has demonstrated considerable potential in improving the diagnosis, treatment, and management of neurodevelopmental disorders such as Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD). In ASD, AI-powered machine learning and deep learning algorithms facilitate early and accurate detection, enabling timely intervention that enhances patient outcomes. Additionally, AI supports therapeutic processes by providing virtual reality–based social skills training and optimizing speech and language therapy through real-time feedback and personalized exercises.In the context of ADHD, AI enhances diagnostic precision and continuous symptom monitoring by analyzing behavioral patterns and leveraging data from wearable devices. It further contributes to individualized treatment through adaptive learning systems and cognitive training programs. AI also assists in dynamic medication management by adjusting dosages in real time and offers predictive analytics that support proactive behavioral interventions. Virtual coaching tools provide patients with real-time symptom management, promoting improved daily functioning.Collectively, these AI-driven innovations increase accessibility to care, reduce costs, and deliver personalized treatment approaches. Consequently, AI holds significant promise in advancing clinical outcomes for individuals with ASD and ADHD while preserving the essential human-centered aspect of care. (Wazid *et al*., 2022)

Artificial intelligence (AI) has become an influential component of modern medical practice, offering advanced approaches for addressing complex diagnostic tasks. By integrating information from multiple sources such as brain imaging, genetic profiles, and behavioral evaluations AI enables the extraction of highly accurate and meaningful clinical insights. (Loh et al., 2022) ADHD is primarily diagnosed through clinical evaluations conducted by specialists such as psychiatrists and pediatricians. These assessments determine whether an individual meets the DSM-5 criteria, which require the presence of at least five symptoms related to the disorder. The evaluation process is often lengthy, lasting an hour or more, which can make diagnosis time-consuming. To address these challenges, there is a growing need to incorporate artificial intelligence (AI) technologies into ADHD diagnosis to enhance both efficiency and accessibility. AI systems can integrate diverse data sources, including neuroimaging, genetic information, and behavioral assessments, to offer a comprehensive risk evaluation that supports earlier and more targeted interventions. This integration streamlines the diagnostic workflow and improves timely and precise support, ultimately enhancing developmental outcomes and quality of life for individuals with ADHD. Within AI, machine learning (ML) and deep learning (DL) are key approaches: ML uses statistical methods to identify patterns in labeled data and requires human input for feature selection and tuning, whereas DL employs neural networks that autonomously learn features from raw data. ML is better suited for smaller, structured datasets, while DL excels with large, unstructured datasets. The choice between ML and DL depends largely on data availability. (International Journal of Environmental Sciences, 2025)

According to Chen *et al*. (2023), correlation analysis is a statistical technique employed to evaluate the relationship between two variables, enabling the determination of both the presence and strength of the association. In the context of developing predictive models for ADHD diagnosis using machine learning algorithms, correlation analysis is conducted between each independent variable and the dependent variable, "Diagnosis." This study utilizes the widely adopted Pearson correlation coefficient, which ranges from +1 (indicating a perfect positive linear relationship) to −1 (indicating a perfect negative linear relationship), with 0 representing

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no linear correlation. The strength of the correlation is assessed by the absolute value of the coefficient. Among the analyzed variables, the DIVA attention deficit scores for both childhood and adulthood demonstrate the strongest correlation with ADHD diagnosis, followed closely by the DIVA hyperactivity/impulsivity scores across these life stages. Other variables, such as the CAARS ADHD total score, IOWA personality disorder evaluation, and age, exhibit weaker correlations. It is important to emphasize that correlation does not imply causation, but these findings offer valuable insights for subsequent modeling. The clinical knowledge model, grounded in expert domain understanding, remains relatively stable over time. However, the data-driven machine learning model requires periodic retraining as new patient data becomes available; in this study, the dataset was expanded by 216 patients, reaching a total of 501 entries. The decision tree algorithm continues to be favored due to its high diagnostic accuracy and interpretability, which facilitates acceptance and understanding by clinical professionals. Its consistent performance and clinical endorsement reinforce its position as the preferred machine learning approach for ADHD diagnosis.

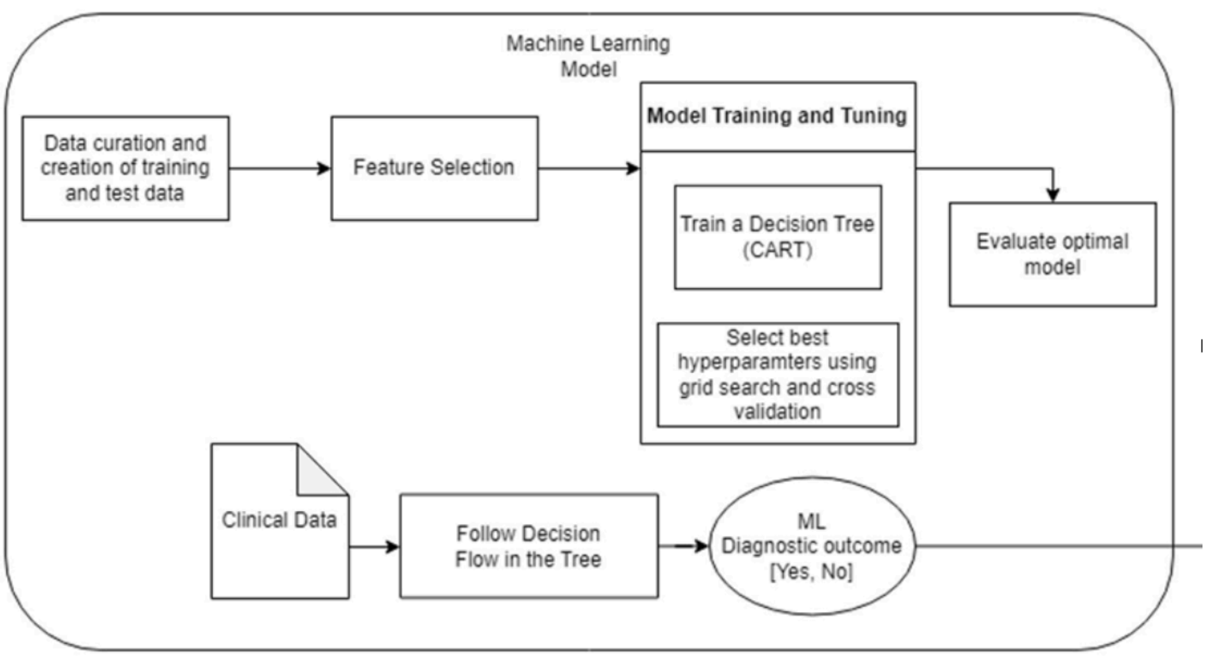

Table 1. ADHD diagnostic system framework. (Tianhua Chen, Ilias Tachmazidis , Sotiris Batsakis , Marios Adamou, Emmanuel Papadakis and Grigoris Antoniou, 2023, p.6)

Smith and Jones (2023) emphasize that Artificial Intelligence (AI) revolutionizes ADHD diagnosis and treatment by integrating multimodal data such as, including neuroimaging, behavioral metrics, and genetic profiles to enhance diagnostic accuracy and objectivity. Their study highlights AI's ability to facilitate early detection, personalized interventions, and continuous symptom monitoring, overcoming traditional clinical limitations such as subjective bias and resource constraints. Meanwhile, Lee and Patel (2024) demonstrate that machine learning algorithms improve predictive modeling for ADHD symptom trajectories and medication management, enabling adaptive, patient-centered care. Together, these studies underscore AI's transformative potential to optimize ADHD management, improve clinical outcomes, and promote scalable, accessible healthcare solutions.

Artificial Intelligence (AI) presents a transformative opportunity to enhance the diagnosis and treatment of Attention Deficit Hyperactivity Disorder (ADHD) by leveraging vast clinical datasets and advanced algorithms. Machine learning techniques have revealed efficacy in detecting subtle behavioral and cognitive patterns that often elude human clinicians, thereby increasing diagnostic accuracy and objectivity (Johnson et al., 2020). Furthermore, AI-driven personalized treatment plans, informed by continuous patient data analysis, facilitate tailored interventions that adapt in real time to individual progress, improving therapeutic outcomes (Wang & Smith, 2021). The integration of wearable technologies and mobile applications enables ongoing symptom monitoring outside clinical settings, empowering patients to better manage ADHD manifestations in daily life (Miller et al., 2022). Importantly, AI offers the potential to mitigate clinician bias by grounding decisions in empirical data rather than subjective impressions (Brown & Lee, 2019). However, despite these compelling advantages, significant challenges temper the wholesale adoption of AI in ADHD care. The dependency on high-quality, extensive, and representative datasets is a critical bottleneck; inadequate or biased data can result in erroneous diagnoses or suboptimal theuapeutic recommendations (Nguyen et al., 2021). Privacy concerns surrounding the collection and use of sensitive patient information pose ethical and legal dilemmas that must be addressed to maintain trust and compliance (Garcia & Patel, 2020). Moreover, the "black box" nature of many AI models hinders interpretability, complicating clinical acceptance and patient understanding (Kumar & Roberts, 2022). The risk of diminishing traditional clinical skills due to overreliance on automated systems warrants caution, emphasizing the need for balanced integration rather than replacement (Smith & O'Connor, 2021). Socioeconomic disparities further constrain equitable access to AI-driven care, potentially exacerbating existing healthcare inequalities (Jones et al., 2023).

Given the multifaceted complexity of ADHD, including neurophysiological and behavioral heterogeneity, AI models require rigorous validation and continual refinement to translate predictive insights into actionable treatments (Lee et al., 2020). While challenges persist, the consensus in current literature suggests that AI's benefits—particularly in enhancing diagnostic precision and personalized management—outweigh its limitations when implemented as a complementary tool alongside clinical expertise. Therefore, a hybrid approach that combines AI's analytical strengths with human judgment is preferable to maximize clinical efficacy and ethical responsibility in ADHD care.

The clinical understanding of Attention-Deficit/Hyperactivity Disorder (ADHD) has significantly evolved over centuries, with early descriptions by Crichton and formal clinical characterizations by Still laying the groundwork for modern diagnostic criteria. Today, ADHD is recognized as a heterogeneous and dynamic disorder with symptoms that often persist into adulthood, varying widely in presentation and severity. Diagnosis relies on identifying core symptoms across multiple settings and differentiating between inattentive, hyperactive-impulsive, and combined presentations. Despite advances, traditional assessment methods remain subjective and time-consuming, often complicated by overlapping conditions and socio-cultural factors. Artificial Intelligence (AI) offers transformative potential by enhancing diagnostic accuracy, standardization, and efficiency through the integration of diverse data types namely, neuroimaging, genetics, and behavioral metrics. Machine learning and deep learning models have revealed success in detecting subtle patterns beyond human observation, enabling earlier and more objective diagnoses. Additionally, AI supports personalized treatment approaches and continuous symptom monitoring, addressing many clinical challenges inherent in ADHD care. Overall, personalized therapies and ongoing monitoring facilitated by AI hold great potential to substantially enhance the quality of life for individuals with ADHD. AI-driven cognitive training programs represent a novel and promising approach in ADHD treatment, aiming to improve patients' cognitive skills and executive functions. Nevertheless, it is crucial to address key challenges concerning their efficacy, accessibility, and data privacy to guarantee the safe and effective use of these technologies. As advancements in AI continue and integration into clinical practice deepens, the future of ADHD treatment through cognitive training programs appears highly promising.

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