



# Medical information to support a TUE application

## Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is one of the most common childhood disorders and can continue through adolescence and adulthood. Inattention, hyperactivity, and impulsivity are the key features of ADHD. Medical management of ADHD will include behavioural therapy and in many cases medication.

### Status of medication

Stimulant medications, such as Methylphenidate (e.g. Ritalin, Concerta), Dexamphetamine and Lisdexamphetamine (e.g. Vyvanse) are prohibited in-competition and require a Therapeutic Use Exemption (TUE).

### What information is required in your application for a TUE?

- A completed TUE application form signed by the treating doctor and athlete.
- Detailed typed clinical letter(s) from treating specialist(s) that includes:
  - diagnosis – including diagnostic tools used (must refer to DSM V criteria)
  - age of onset of ADHD symptoms and of diagnosis
  - outcome of trials of alternative medications, or behaviour modification therapy, and
  - current treatment, including medication/s, dose and route of administration.
- Copies of any ADHD diagnostic tests or rating scales (e.g. Connors, DIVA)

If the clinical letters do not contain adequate detail, you will need to supply supplementary reports (if available) that support the diagnosis from:

- a treating psychologist
- a school teacher
- other practitioners, and/or
- a parent/guardian.

The opinion of a second specialist will be necessary if the initial diagnosis is made after the age of 18 years, and the medical and supplementary reports cannot verify the onset of symptoms in childhood.

### NOTES:

1) A clinical letter can be a copy of a specialist's letter to another doctor (e.g. a GP), and at least one of the clinical letters submitted with the application must have been written in the last 12 months.

2) Checklists outlining symptoms will not be accepted as a clinical letter.

For additional information please refer to the medical information relating to your condition on the WADA website at [www.wada-ama.org](http://www.wada-ama.org).