

Attention-Deficit/Hyperactivity Disorder (ADHD) ADHD - FAA PERSONAL STATEMENT GUIDELINES

(Updated 08/30/2023)

This applies to both **FAST TRACK** and **STANDARD TRACK**. An applicant's personal/self-statement **must be typed, signed, and dated**. It should include your name and either a PI# or Date of Birth for identification. Be sure to describe in detail each response (with more than just "yes" or "no" answer).

Write a statement which describes your diagnosis and stimulant medication history to include the following information:

1. Why did you seek treatment or an evaluation for ADHD?
2. What symptoms and behaviors did you have?
3. Why were you prescribed an ADHD medication and or other treatment?
4. What medications were prescribed? List all medications prescribed or otherwise used and reason for changes in medications, if any. List approximate dates.
5. If you were prescribed or otherwise took ADHD medication, did it help? If so, under what circumstance and for how long were they effective?
6. Did the treatment improve your academic, occupational, or social life? Explain your answer.
7. Did you experience any adverse effects/side effects from the medication?
 - a. If yes, describe the effects; and
 - b. What did you do to reduce these side effects?
8. Who was involved in diagnosing and treating your ADHD?
List all professionals involved (e.g., teacher, school counselor, therapist, psychologist, primary care physician, psychiatrist, or education specialist, if applicable).
9. Were you diagnosed with any other condition such as Depression/Anxiety/Obsessive Compulsive Disorder (OCD)/Autism Spectrum Disorder (ASD)/Oppositional Defiant Disorder (ODD)?
10. Were diagnosed with a learning disorder (dyslexia/reading difficulties/math difficulties)?
11. Which of the following were performed by the person who diagnosed you with ADHD?
Include all that apply:
 - a. Interview with a psychologist/psychiatrist/neuropsychologist/Primary Care Physician (PCP) or provider/pediatrician
 - b. Interviews with others such as parents, teachers, friends, etc.
 - c. Completion of forms/questionnaires (specify completed by self and/or others)
 - d. Computer testing
 - e. Psychological testing conducted by psychologist or neuropsychologist
 - f. Other (specify)
 - g. If no testing was performed, that should be stated
12. How did the symptoms of ADHD change over time? Are the symptoms gone and if so, as of when?
13. Describe coping strategies you learned to deal with ADHD or any other diagnosis. Are they still used?
14. Describe your current ADHD symptoms and behaviors. If you have no symptoms, that should be stated (and the date resolved).