

Taking a planned holiday from ADHD medicine Helping you decide

Your feelings: Your personal feelings are just as important as the medical facts. Think about what matter most to you in this decision. Do this by reading the following statements and placing a tick on the sliding scale to show where your feelings lie.

Example:

Reasons for considering a planned medicine holiday

Reasons for not considering a planned medicine holiday

Unsure

Statement 1

I feel that I do not need the medication anymore

I feel that I still need the medication

Unsure

Statement 2

I feel that I may manage well without the medication

I am worried that maybe I won't be able to manage without the medication

Unsure

Statement 3

I appreciate the benefits of medication but am worried about the possible short and long-term side-effects

I appreciate the benefits of medication and feel the medication is safe

Unsure

Statement 4

I am not worried about stopping the medication for a short period of time

I would worry about stopping the medication for a short period of time

Unsure

Statement 5

I may not need the medication anymore because I am getting the appropriate support at school/college

I still need the medication because I am not getting the appropriate support at school/college

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Unsure

Statement 6

I may not need the medication because I have started attending a school/college and I am enjoying it there

I still need the medication because I have started attending a school/college and medication is necessary for improving my concentration

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Unsure

Statement 7

I may not need the medication anymore because I have been using alternative interventions (such as my changing diet) and these have proved to be effective

I still need the medication because I have tried different alternative interventions (such as my changing diet) and nothing has proved to be effective

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Unsure

Other important reasons. Use this box to write down any other important reasons that matter most to you in this decision:

Your decision:

Now that you've thought about the facts and your feelings, you may have a general idea of where you stand on this decision of whether to take a planned drug holiday or not. Show which way you are leaning towards right now:

Agree to try a planned drug holiday from medication

Keep on medication and not try a planned drug holiday

More important

Equally important

More important

Speak to your family and doctor about your decision.

You have now finished using this decision aid, thank you for your time.