

Deciding whether or not to consider a planned drug holiday from ADHD medication: parents' guide for decision-making

Your feelings: Your personal feelings are just as important as the medical facts. Think about what matters 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.

Examples:



Statement 1



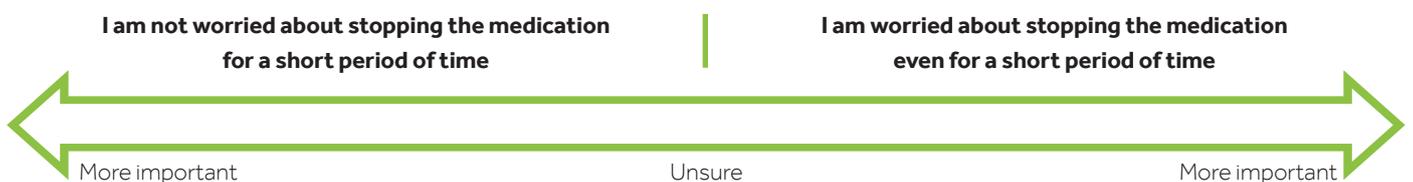
Statement 2



Statement 3



Statement 4



Statement 5

My child may not need the medication anymore because he/she is getting the appropriate support at school | **My child still needs the medication because he/she is not getting the appropriate support at school**

More important | Unsure | More important

Statement 6

My child may not need the medication because I feel confident in dealing with my child's behaviour | **My child still needs the medication because I still find it difficult to deal with my child's behaviour**

More important | Unsure | More important

Statement 7

My child may not need the medication because he/she started attending a college and is enjoying the course | **My child still needs the medication because he/she started attending a college and medication is necessary for improving his/her concentration**

More important | Unsure | More important

Statement 8

My child may not need the medication anymore because we have been using alternative interventions (such as changing diet) and these have proved to be effective | **My child still needs the medication because we have tried different alternative interventions (such as changing diet) and nothing has proved to be effective**

More important | Unsure | More important

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. Show which way you are leaning towards right now:

Agree to try a planned drug holiday from my child's medication | **Keep my child on medication and not try a planned drug holiday**

More important		Equally important					More important

Speak to your child's clinician about your decision and feelings.

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