

Dr. William Dodson's 4 basic questions

Who should be considered for a trial on an alpha agonist?

Question 1

"At almost all times, how many thoughts do you have going on simultaneously in your head?"

- Even on a finely tuned stimulant, most people will say they have 3 to 4 thoughts at the same time. This is a sign of ADHD hyperarousal.
- The goal is to have just the one, most important thought and it is the thought you choose to have.

Question 2

"Can you remember any time in your entire life longer than about 4 or 5 minutes in which you have been both....Mentally and Physically at PEACE?"

- Most people with ADHD even when taking a stimulant medication are never "at Peace."
- This is another sign of untreated ADHD hyperarousal.

Question 3

"What is your sleep like? What time do you get in bed? (Night owl?); How long does it take you to fall asleep? (Average 2 hours to fall asleep?); What keeps you awake? (I can't turn off my mind and my body)."

- ADHD Hyperarousal is worse at night and because 75% of adolescents and adults to lose 2+ hours of sleep every day.
- Chronic sleep deprivation looks exactly like ADHD.
- Each condition makes the other one worse.

Question 4

Look back over your entire life. Have you always been much more sensitive than other people you know to:

- √ Rejection
 - √ Teasing
 - √ Criticism
 - √ Your own perception that you have failed or fallen short?"
- Definition of Rejection Sensitive Dysphoria (RSD)

Dodson, W. (2020, Nov.5) *The Forgotten ADHD Medications: The Alpha_{2a} Adrenergic Agonists* [Conference presentation]. CHADD 2020, (Virtual Event)