STUDENT ATHLETE ADD/ADHD FREQUENTLY ASKED QUESTIONS

- Do I need to tell my athletic trainer and athletic training staff about taking ADD/ADHD medication?
    - Yes. Proper documentation of the diagnosis, prescription medication, and follow-up care is mandated by the NCAA.
- If I have been diagnosed and treated for ADD/ADHD before, what do I have to do now?
    - Contact your healthcare provider who was managing and caring for you regarding the ADD/ADHD. The athletic training staff requires all records of the ADD/ADHD assessment and history of treatment, including follow-up examinations. The athletic training staff will also require continual updated information from all of your future follow-up exams and copies of each prescription given.
- What if I do not have records of an ADD/ADHD assessment, but have been prescribed and have taken/currently take medication for ADD/ADHD?
    - If you do not have records documenting testing and evaluation, you must undergo a comprehensive evaluation to establish a diagnosis of ADD/ADHD, **regardless of previously taken or prescribed medication**.
- What if I have never been diagnosed or treated for ADD/ADHD and am going to initiate treatment now?
    - You must undergo a comprehensive evaluation to establish a diagnosis of ADD/ADHD before initiating treatment.
- What is the diagnosis based on? Does it matter what doctor assesses the evaluation and diagnoses me?
    - Diagnosis is based on clinical evaluation. ADD/ADHD is a neurological disorder that should be assessed and managed by experienced mental health and primary care clinicians who have **experience in the diagnosis and management of ADD/ADHD**.
- Do I just need to have the one evaluation? Are there any other appointments I need to make?
    - The NCAA requires, **at minimum**, yearly follow-up examinations for clinical evaluation. Documentation of each of those visits needs to be given to the athletic training staff to be placed in the student athlete's file.
- What does the documentation from my healthcare provider have to include?
    - The NCAA mandates that the athletic training staff should have **at least** the following documentation on file:
        - Description of the evaluation process which identifies the assessment tools and procedures.
        - Statement of the Diagnosis, including when it was confirmed.
        - History of ADD/ADHD treatment (previous/ongoing).
        - Statement that a non-banned ADHD alternative has been **considered** if a stimulant is currently prescribed.
        - Copy of the most recent prescription (as documented by the prescribing physician).
        - Statement regarding follow-up and monitoring visits.
    - Please see the attached forms for your healthcare provider to reference.

- What if I am taking ADD/ADHD medication without a prescription? What if I do not give all or any of the proper documentation and still take my ADD/ADHD medication?
    - Most ADD/ADHD medication includes stimulants, which are banned under the NCAA. If the proper documentation is not on file and the student-athlete fails a drug test due to the ADD/ADHD medication, the athletic training staff will not be able to appeal for a medical exemption. **The resulting punishment towards the student-athlete may include, but is not limited to, a suspension of 365 days from the date of the positive drug test.**
- Is there anything I can bring with me to my healthcare provider to make sure I bring all of the proper documentation?
    - Yes. Please see the attached forms with a guideline for the criteria for a letter from the prescribing physician.