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Hidden in plain sight: research and clinical update on **ADHD in girls & women**



Conference Report 2026

Overview

Date: Wednesday, 25th March 2026, 9:30am-3pm

Location: University of Nottingham Jubilee Conference Centre

Organisers: Dr Blandine French & Dr Jessica Agnew-Blais

This event brought together a diverse group of UK and international researchers, clinicians, and individuals with lived experience to discuss the latest advancements in research and clinical practice for girls and women with ADHD. Building on the previous year's conference, the 2026 programme had a special focus on the specific challenges surrounding pregnancy, labour, and parenting for women with ADHD.

Key themes

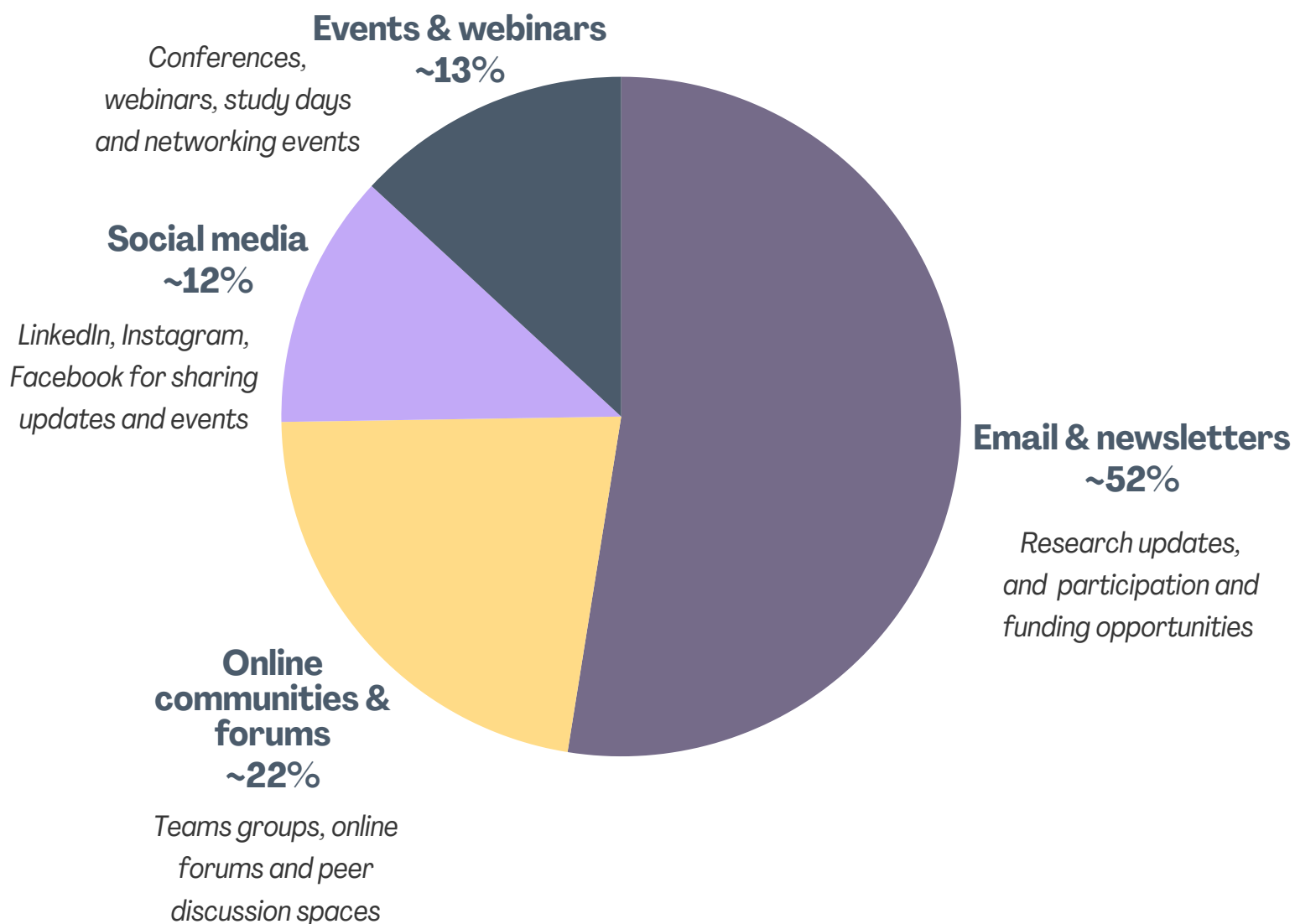
Pregnancy and Labour: Dr Lotta Borg Skoglund and Dr Kathrine Bang Madsen explored the unique challenges that pregnant women with ADHD face and the risk trade-off of ADHD medication during pregnancy, including the need for established clinical guidelines and individualised treatment. Dr Christina Kini-Seery shared important qualitative findings on the experiences of labour for women with ADHD, including sensory overwhelm and the feeling of isolation in motherhood.

Development and Parenting: Dr Joanna Martin shared findings on the outcomes for later-diagnosed girls with ADHD, whilst Dr Jasmin Wertz presented on the specific challenges of parenting with ADHD, and Nicola Macukewicz on the role of Occupational Therapy in supporting functional and sensory needs.

Lived experience and Intersectionality: Keynote speaker Mala Thapar shared a powerful narrative on being a late-diagnosed neurodivergent woman from a South-Asian background, introducing the vital concept that "functioning is not wellbeing".

Workshop findings

Q1. How would you like to stay connected and share knowledge after this conference?



Workshop findings

Q2. What questions would you like answers to in your work with women or girls with ADHD?

Hormones and Medication

“How to adjust medication levels throughout hormonal changes... as well as during perinatal period and breastfeeding.”

“How does HRT and ADHD medication interact... effectiveness of HRT and other menopause therapies for ADHD during menopause.”

“Perimenopause and ADHD... what interventions work? Specific medication considerations?”

“More information on hormonal contraception and best options.”

“How to get the impact of hormones acknowledged, mainstream, and part of standard consultations.”

Diagnosis and Recognition

“How do we alter assessments to evidence that girls have ADHD symptoms across settings despite masking at home or in school settings?”

“Development of more sensitive diagnostic tools to better differentiate ADHD from other conditions.”

“How to improve the education of primary school teachers... in recognising ADHD behaviours in girls.”

“What about when you are not appearing to struggle academically... how can ADHD still be picked up if it is affecting wellbeing?”

“Develop questionnaires for teachers in secondary school on reporting ADHD symptoms in girls..... I find the Conners scores are very low and not capturing the ADHD symptoms...we are not asking the right questions.”

“Differentiating trauma from ADHD...ensuring it isn't used as an alternative diagnosis that delays support.”

Support, Interventions and Practical Guidance

“What are some specific resources for women post-diagnosis - e.g. forums, websites, groups etc.”

“How do we support children with ADHD when you are ADHD yourself? ”

“How can we develop a culturally appropriate education programme and intervention for non-white individuals”

“What strategies and adaptations can schools make to support young girls in the classroom?”

“How to prevent and treat burnout, birth trauma, and tokophobia in women with ADHD.”

Thank you



Thank you for attending the *Hidden in Plain Sight: Research and Clinical Update on ADHD in Girls & Women* conference.

It was a pleasure to welcome such an engaged and thoughtful group of attendees, and we hope you found the day both informative and inspiring. We would also like to extend our thanks to all of our speakers for their excellent and thought-provoking contributions to the programme.

We hope this report is helpful and supports ongoing work in this area, and we look forward to welcome you again next year!

For more information, please contact: Blandine.french@nottingham.ac.uk.

To follow conference updates and announcements on our [LinkedIn](#) page, please scan QR code .

