

AuDHD: Implications for Executive Functioning, Mental Health, Burnout, and More

Presented by: Fiona Gullon-Scott, PhD

Autism Virtual Summit 2025

Delivery method: On demand

Instructional Level: Intermediate

Sponsored by NCS Pearson, Inc.

Overview

This session explores 'AuDHD', discussing the co-occurrence and overlap between autism and ADHD, how this impacts the impact of co-occurrence on functioning and mental health, and clinical implications. Drawing on clinical experience and evidence-base the session considers current prevalence rates, presentations, differential diagnosis, and the challenges of identification. The session also considers support needs, covering issues such as the impact on risk for burnout, anxiety, OCD/hoarding, as well as discussing what this means for possible interventions. Aimed at intermediate to advanced practitioners who have core understanding of autism.

Learner Outcomes

Based on the content of this session, participants will be able to:

1. Describe the key differences between autism and AuDHD
2. Describe the best practice clinical pathway for assessment when ADHD features are observed in an autistic person
3. Identify at least 2 measures and tools to investigate the impact of AuDHD on executive functions
4. Articulate at least 3 commonly-used strategies to help support participation and wellbeing for individuals with AuDHD

Time-Ordered Agenda

15 minutes	Overview of AuDHD
10 minutes	Diagnostic similarities and areas of overlap between autism and ADHD
15 minutes	Functional impact of co-presentation
15 minutes	Interventions and ways to support those with co-presenting autism and ADHD
5 minutes	Q&A

About the Presenter

Dr. Fiona Gullon-Scott is a consultant chartered psychologist and HCPC registered clinical psychologist with 30 years of experience researching, training, and working clinically with autism and related neurodivergent presentations. As a Senior Lecturer with Newcastle University and Director of Newcastle University's Neurodevelopmental Assessment Service, and as a Director of her own consultancy, Dr. Gullon-Scott provides highly specialized clinical assessments across the age range for autism and ADHD and psychological support services for families and diagnosed individuals. She also provides professional training in diagnostic assessment, understanding and awareness of autism, and neurodevelopmental presentations.

Disclosures

Financial: Dr. Fiona Gullon-Scott will receive financial reimbursement from Pearson for this webinar.

Non-financial disclosure: No relevant nonfinancial relationship exists.

NCS Pearson, Inc. is the sponsor of the Autism Virtual Summit 2025. Pearson develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists.

References

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