

I Know What I Need to Do, I Just Don't Do It:

# Adult ADHD and “Procrastivity”



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ADHD is a performance problem, not a knowledge problem. Most adults with ADHD will say, "I know what I need to do, I just don't do it," which reflects the fundamental problem of ADHD — difficulty consistently organizing and executing behaviors over time to achieve desired goals, including in therapies aimed at behavior change. Dr. Ramsay's lecture will review how various lines of research are being used in clinical practice to help adults with ADHD implement coping strategies and improve their lives.