

New Study Finds ADHD Test Serves as a Better Indicator of Medication Effects



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QbTest objective symptom measurement accurately captures patient treatment results

A study published in the [Journal of Clinical Psychopharmacology](#) found that an FDA cleared, computer-based, objective measurement of attention-deficit/hyperactivity disorder (ADHD) symptoms was more sensitive to medication effects than patient self-rating, at both one-month and six-month follow-up visits. The Quantified Behavioral Test (QbTest), serves as a better early indicator of treatment effects for ADHD, confirming that healthcare professionals can confidently use objective data alongside patient feedback regarding treatment effectiveness.

This press release features multimedia. View the full release here:

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Study finds ADHD test serves as a better early indicator of medication effects than rating scales (Graphic: Business Wire)

Clinical ADHD treatment procedures typically involve self-rated evaluations of symptoms as a means for measuring medication effects in adults with ADHD. Yet, most patients find it difficult to assess improvements after pharmacological treatment.ⁱ The results of the new study indicate that the QbTest offers healthcare providers and others diagnosing and treating ADHD a way to use objective data to make better-informed treatment decisions.

In the study, "*Investigating the Clinical Utility of the Combined Use of Objective and Subjective Measures of ADHD During Treatment Optimization*," published by Nayra A. Martin-Key, PhD, Amy Stevenson, DO, and Perry Roy, MD, researchers used the QbTest, a computerized test that objectively measures the three core symptoms of ADHD, and the Adult ADHD Self-Report Scale (ASRS), an 18-item self-report questionnaire based on the DSM-5, for subjective measurement.

At the first follow up, QbTest's activity and inattention measures showed significant effect of medication, compared to ASRS, that indicated only moderate effect. Additionally, after six months, the QbTest captured 86% of patient's treatment effects compared with only 37% of patient's improvement captured by the ASRS. Correlations between the QbTest and ASRS were low to moderate at baseline and follow-up visits, in line with earlier studies.ⁱⁱ The associations between the QbTest and subjective measures increased over time, and importantly, improvements on both measures correlated with improvement in quality-of-life scores. The ability to capture improvement in twice as many patients supports the inclusion of objective testing when making treatment decisions for ADHD patients, and these results suggest that the QbTest provides an early indicator of treatment effect.

"QbTest has proven to show highly sensitive measures of treatment effect, which could lead to better treatment decisions, use of other therapies, and the ability to avoid unnecessarily high doses of stimulant medication," said Dr. Perry Roy. "The study proves how important it is to have objective data when managing ADHD symptoms."

The QbTest is the only test that provides a measure of hyperactivity as well as attention and impulsivity by combining a computer-based task with an infrared camera that tracks movement, reducing over reliance on self-evaluations. The test lasts 20 minutes, and the results are instantly analyzed and presented in a report that compares a patient's results with a group of people of the same age and gender who do not have ADHD. The QbTest is cleared for both diagnosis and treatment monitoring by the FDA and utilized by clinicians globally. The full study results and information about QbTest is [available here](#).

About Qbtech

Qbtech AB is a privately-owned Swedish company founded in 2002. Qbtech is engaged in developing solutions and products for improving the diagnosis, treatment and follow-up of patients with neuropsychiatric disorders. Qbtech has operations in 11 countries and has offices in Stockholm, Atlanta, Frankfurt, and London.

ⁱ Kooij JJS, Adult ADHD. Diagnostic Assessment and Treatment. 3rd ed. New York, NY: Guilford; 2013.

ⁱⁱ Bijlenga, D., Jasperse, M., Gehlhaar, S., & Sandra Kooij, J. (2015). Objective QbTest and subjective evaluation of stimulant treatment in adult attention deficit-hyperactivity disorder. *European Psychiatry*, 30(1), 179-185.
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