

MANAGEMENT OF ADHD: EVIDENCE, UNMET NEED, AND FUTURE

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Methylphenidate (MPH) is one of the most commonly prescribed medications for first-line treatment of attention-deficit hyperactive disorder (ADHD).

There are two formulations available on the market—extended release (ER) and immediate release (IR). Physicians need to adjust the regimen based on individual clinical response in order to optimize therapeutic effects during specific work or school hours while reducing such effects accordingly at other times to avoid adverse events.

Currently, the therapeutic effects offered by ER formulations are unable to satisfy the needs of daily routine activities. Along with the adverse events caused by high MPH levels, clinicians are faced with various challenges. The combination regimen of IR and ER formulations have been trialed to address these problems; however, issues of stigma and National Health Insurance coverage may pose further barriers.

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Professor Gau is a Professor of Psychiatry, Psychology, Epidemiology, Brain and Mind Sciences, Clinical Medicine, and Occupational Therapy at National Taiwan University, Taiwan. She got her MD from Chun-Shan Medical University in 1988 and her Ph.D. from Yale University in 2001.

She is currently Secretary-General of East Asian Academy of Cultural Psychiatry. She was Director of Department of Psychiatry, National Taiwan University Hospital (NTUH) and College of Medicine (2009-2015), Director of Department of Medical Genetics (2015~2018) in NTUH, President of Taiwanese Society of Child and Adolescent Psychiatry (2014-2018), Vice-President of International Association of Child and Adolescent Psychiatry, and Allied Professionals (2014-2018), and Secretary-General of International Federation of Psychiatric Epidemiology (2012-2019). She has been the editor of several IACAPAP monographs since 2014.

Professor Gau's main research interests include psychiatric, genetic, and pharmacological epidemiology of attention-deficit hyperactivity disorder (ADHD), and autism spectrum disorders (ASD). She has co-developed and prepared several Chinese versions of instruments for ADHD and ASD, conducted several studies on pharmacotherapy for ADHD, and been conducting the follow-up, family, neuropsychological, neuroimaging, neurophysiological, microbiomes, and genetic studies on ADHD and ASD. Her collaborative research also covers animal (mice & flies) and cellular (iPSC) models.

She has published more than 240 SCI/SSCI articles since 2001, of which she is the first author/corresponding author for more than 180 SCI/SSCI papers. She got outstanding research awards from the National Science Council (2012), National Taiwan University (2013), National Health Research Institute (2014), and NTUH (2016), and Lifetime Academic Achievement Award from the Taiwanese Society of Psychiatry (2019), Taiwan. Her ADHD consortium got NTUH Outstanding Research Award contributing to medical research in 2019. She was awarded as the Best Clinical Professor by National Taiwan University College of Medicine Alumni Association in North America (2018). She is the keynote/state-of-the-art/plenary speaker at more than 20 international congresses. She and her team have presented their work in peer-reviewed Congress on more than 700 occasions.