

Towards an Integrated Assessment of ADHD and ASD Traits in the General Population: Psychometric Applications and Clinical Implications

Saturday, September 13, 2025 9:00 AM (17 minutes)

INTRODUCTION: Differential diagnosis in adulthood requires tools that can capture the complexity and overlap between disorders, such as Attention Deficit/Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD). In this regard, the present study aims to explore the structure of the Conners' Adult ADHD Rating Scales (CAARS) and its relationship with the Social Responsiveness Scale-2 (SRS-2), promoting an integrated approach to psychometric measures.

METHOD: A sample of 363 adults (mean age= 22.61; SD= 7.46) completed the CAARS and SRS-2. An Exploratory Graph Analysis (EGA) was conducted to define the dimensional structure of the CAARS. Next, predictive models were developed to analyze the extent to which identified ADHD traits may anticipate changes in levels of social impairment.

RESULTS: The EGA revealed a multidimensional structure with good reliability indices [93%; 95% CI (6.41 - 7.58)]. Furthermore, preliminary results show significant associations between ADHD dimensions and SRS-2 scores. Predictive patterns suggest the presence of transdiagnostic patterns that can delineate symptom profiles.

CONCLUSIONS: Preliminary data support the psychometric validity of the CAARS and highlight the potential integration between different measures for more sensitive assessment in adulthood, as well as the importance of considering dimensional and transdiagnostic approaches.

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PSICOMETRIA PER LA SALUTE E LA SOSTENIBILITÀ

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