



PRESCRIBING PHYSICIANS PLEASE READ

USADA's mission is to protect the rights of clean athletes. Some athletes need to use stimulants to manage ADD/ADHD and the anti-doping community acknowledges and respects this need. However, for this TUE to be approved, **there must be enough information in the file for our committee of psychiatrists and psychologists to make the same diagnosis without ever seeing the patient.**

A thorough clinical file is essential for USADA to defend the athlete in case the TUE is ever challenged by WADA or an International Federation. Requests for further information are not intended to question or dispute your diagnosis, but rather are an attempt to ensure the athlete (your patient) is fully protected by any Therapeutic Use Exemption granted by USADA. We understand collecting these items can be time consuming and we apologize for any burden this places on your time or your clinic.

Thank you for your commitment to clean sport.

The USADA TUE & Drug Reference Team

U.S. ANTI-DOPING AGENCY

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TUE Application Checklist - Stimulants to Treat ADD/ADHD

Essential Supporting Documents

1. Complete and legible TUE application form
2. Thorough psychological evaluation of the athlete according to the most recent DSM Diagnostic Criteria
 - a. Documentation of Inattention (a-i) and/or Hyperactivity and Impulsivity (a-i) INCLUDING DIFFERENTIAL DIAGNOSES
 - b. **Diagnostic Test/Scale Results. These include but are not limited to:**
 - i. **Adults: ACDS, CAADID, CAARS, Barkley, DIVA 2.0 (please include copy of original test/scale)**
 - ii. **Children: Vanderbilt, K-SADs, DISC, Conners, SNAP (please include copy of original test/scale)**
 - c. Note to Physicians: *The clinical notes of the diagnosis must include a comment about which of the criteria are met, which are not, and how you know. It is not sufficient to simply state "I diagnosed patient with ADHD".*
 - d. Note to Athletes: *The psychological evaluation should be completed by a Psychiatrist (MD) if the athlete intends to compete at events sanctioned by an International Federation (IF).*
3. Clinical notes from the prescribing physician, including:
 - a. Summary notes from the appointment where the athlete was first diagnosed/prescribed medication
 - b. Summary notes from follow-up appointments concerning the ongoing treatment, medication management, response to medication, etc.
 - c. Statement from the physician considering DIFFERENTIAL DIAGNOSES
 - i. The physician should establish that the symptoms DO NOT occur due to another mental disorder (i.e. schizophrenia, psychotic disorder, mood disorder, anxiety disorder, dissociative disorder, personality disorder, substance intoxication/withdrawal, oppositional defiant disorder, etc.)
 - ii. Note to Physicians: *If other disorders are present, please describe how those were diagnosed and how they are being or will be managed. Confirm why the current symptoms you are seeing are due to ADD/ADHD and are not due to these other conditions. USADA will not consider a TUE for the use of stimulants to treat depression unless failed trials of therapy and anti-depressants can be demonstrated.*
 - d. Notes or testimony from the physician establishing that the symptoms are not due to exhaustion, over-training, or under-eating (staying underweight for a certain sport). If exhaustion or over-training are present (common, if not inevitable, among elite athletes) please explain how those are being managed and how they are distinguished from ADD/ADHD symptoms.
 - i. Note to Physicians: *USADA will not grant a TUE if the clinical file does not clearly demonstrate that inability to concentrate is truly due to ADD/ADHD and not another factor like exhaustion or stress.*

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4. Testimonials from (a) the athlete, (b) a parent/caregiver/spouse AND, (c) a teacher/educational professional/supervisor/coach describing:
 - a. the onset of symptoms (present before age of 12)
 - b. the presence of symptoms across two or more settings (e.g. at home, school, work, with friends, etc.)
 - c. how the symptoms interfere with daily functioning
 - d. symptoms on and off medication (if the athlete has already taken the medication prior to applying)

If you have questions or concerns while collecting these items, please contact the USADA TUE Department at tue@usada.org for guidance.

Other Supporting Documents

1. Primary medical records, including medical progress notes, school special education evaluations, etc.
2. Expert second opinions for diagnoses made in young adults, if available
3. Related medical history including other diagnoses and medications,
4. Standardized testing results, if available
5. Description of attempts at using behavior modification therapy
6. Family psychiatric history

Cautionary matters: Drugs to manage ADHD can have cardio-vascular side-effects. It is recommended that clinical parameters of this system (blood pressure, heart auscultation, ECG, etc.) are monitored and included in the TUE application.

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