

7th Southern African Multidisciplinary ADHD Congress
Beyond Symptoms: Precision, Equity and Real-World Outcomes in ADHD
Programme (subject to change)
www.adhdcongress.co.za

WEDNESDAY 2 SEPTEMBER 2026

14:00 - 16:10	SCIENTIFIC SESSION 1: Setting the Agenda - From Symptom Reduction to Real-World Outcomes Chair: Renata Schoeman	
14:00 - 14:10	Official Welcome and Opening	Renata Schoeman (SA)
14:10 - 14:15	Introduction of speakers	
14:15 - 14:50	From evidence to impact: what multidisciplinary care changes in everyday life	Scott Wallace (USA)
14:50 - 14:55	Q & A	
14:55 - 15:30	Early childhood development, ADHD and Community Partnerships	Patrick Ip (Hong Kong)
15:30 - 15:35	Q & A	
15:35 - 16:05	Beyond Symptoms: Why real-world functioning must become the new ADHD endpoint	Mark Bellgrove (AUS)
16:05 - 16:10	Q & A	
16:10 - 16:35	Comfort Break / News from the sponsors	
16:35 - 18:00	SCIENTIFIC SESSION 2: Equity, Access and Implementation in Africa Chair: Merryn Young	
16:35 - 16:40	Introduction of speakers	
16:40 - 17:15	ADHD across borders: navigating care and ensuring continuity of care	Greg Mattingly (USA)
17:15 - 17:20	Q & A	
17:20 - 17:55	Health Technology Assessment: What it is and the implications for equitable access to ADHD care in South Africa	Lesley Robertson (SA)
17:55 - 18:00	Q & A	

THURSDAY 3 SEPTEMBER 2026

08:00 - 09:00	ADCOCK INGRAM SYMPOSIUM Chair: Melissa Janse van Rensburg	
	Introduction of speaker	
	Individualising ADHD Treatment: Matching the Right Stimulant to the Right Patient	Wium Erasmus (SA)
13:00 - 14:00	ACINO SYMPOSIUM Chair: Renata Schoeman	
	Introduction of speaker	
	ADHD: The Giggly Girls vs. the Boisterous Boys	Susan Young (UK)
14:00 - 16:05	SCIENTIFIC SESSION 3: Girls, Women and Hormonal Transitions Chair: Kim Ragsdale	
14:00 - 14:05	Introduction of speakers	
14:05 - 14:40	Hidden in plain sight: why girls and women with ADHD are still missed	Ayana Gibbs (UK)
14:40 - 14:45	Q & A	
14:45 - 15:20	Hormones and ADHD: puberty, the menstrual cycle, pregnancy and postpartum	Renata Schoeman (SA)
15:20 - 15:25	Q & A	
15:25 - 16:00	Perimenopause, menopause and midlife ADHD: the forgotten clinical frontier	Azelle Mayne (SA)
16:00 - 16:05	Q & A	
16:05 - 16:30	Comfort Break / News from the sponsors	
16:30 - 17:55	SCIENTIFIC SESSION 4: Treatment That Matters Chair: Jolynne du Randt	
16:30 - 16:35	Introduction of speakers	
16:35 - 17:10	Shared decision-making in ADHD treatment: matching care to patient goals	Dimpho (Ditsebe) Hlungwane (SA)
17:10 - 17:15	Q & A	
17:15 - 17:50	Beyond symptom control: medication outcomes, functioning and quality of life	Susan Young (UK)
17:50 - 17:55	Q & A	

FRIDAY 4 SEPTEMBER 2026

08:00 - 09:00 CIPLA SYMPOSIUM

Chair: Lenke Bester

Introduction of speaker

The ADHD Brain: Key Neurotransmitters at Work

Frans Korb (SA)

14:00 - 16:05 SCIENTIFIC SESSION 5: Whole-Person ADHD

Chair: EJ Smith

14:00 - 14:05 Introduction of speakers

14:05 - 14:40 ADHD and sleep: circadian disruption, fatigue and clinical implications

Sandra Kooij (The Netherlands)

14:40 - 14:45 Q & A

14:45 - 15:20 ADHD and cardiometabolic health: obesity, hypertension and long-term risk

Honghui Yao (China)

15:20 - 15:25 Q & A

15:25 - 16:00 Emotional dysregulation, burnout and comorbidity: integrating mental health care

Belinda Derman (SA)

16:00 - 16:05 Q & A

16:05 - 16:30 Comfort Break / News from the sponsors

16:30 - 17:55 SCIENTIFIC SESSION 6: ADHD in The Age of Algorithms

Chair: Hugo Theron

16:30 - 16:35 Introduction of speakers

16:35 - 17:10 Digital therapeutics, apps and remote care: what is ready for practice?

Lihle Mgweba-Bewana (SA)

17:10 - 17:15 Q & A

17:15 - 17:50 TikTok, misinformation and self-diagnosis: how clinicians should respond

Christopher Paul Szabo (SA)

17:50 - 17:55 Q & A

SATURDAY 5 SEPTEMBER 2026

08:00 - 09:00 EASTERN CAPE DEPARTMENT OF EDUCATION SYMPOSIUM

Chair: Rodney Sekgobela

Introduction of speaker

Moving towards a precision person centred approach to ADHD: Integrating the science of ADHD with evidence-based intervention strategies

Punyzwa Titi (SA)

10:00 - 12:00 SCIENTIFIC SESSION 7: Precision Diagnosis in ADHD

Chair: Frans Korb

10:00 - 10:05 Introduction of speakers

10:05 - 10:15 Stellenbosch Business School

Tasneem Motala (SA)

10:15 - 10:50 Precision diagnosis in ADHD: biomarkers, neuropsychology and AI — promise and limits

David Coghill (AUS)

10:50 - 10:55 Q & A

10:55 - 11:15 The Goldilocks and The Bear Foundation: the case for community intervention

Juane du Randt (SA)

11:15 - 11:20 Q & A

11:20 - 11:55 The assessment dilemma: rising demand, self-referral and responsible diagnosis

Merryn Young (SA)

11:55 - 12:00 Q & A

12:00 - 12:30 Comfort Break / News from the sponsors

12:30 - 15:00	SCIENTIFIC SESSION 8: PARALLEL SESSIONS	
	SESSION 8.1: Precision Assessment and Complex Diagnosis	
	Chair: Jacqui Bezuidenhout	
12:30 - 12:35	Introduction of speakers	
12:35 - 13:05	ADHD vs anxiety, trauma and autism: disentangling overlap	Elizabeth Vogts (SA)
13:05 - 13:35	Objective tools in clinic: rating scales, cognition and where technology helps	EJ Smith (SA)
13:35 - 14:05	Substance use, sleep and medical factors that complicate assessment	Lindsay Scholtz (SA)
14:05 - 14:35	Late diagnosis in adolescents and adults: when is ADHD the right diagnosis?	Wisani Makhomisan (SA)
14:35 - 15:00	Discussion	
	SESSION 8.2: ADHD in Men - The Risks We Miss	
	Chair: Wium Erasmus	
12:30 - 12:35	Introduction of speakers	
12:35 - 13:05	The male phenotype: when impairment looks like irritability, personality, risk and silence	Frans Korb (SA)
13:05 - 13:35	ADHD below the belt: fertility, sexual functioning, and self-regulation	Wium Erasmus (SA)
13:35 - 14:05	Fast cars, fast tempers, fast dopamine: externalising behaviour, risk-taking and the law	Kavendren Odayar (SA)
14:05 - 14:35	Loving a man with ADHD: marriage, fatherhood, conflict and repair	Jolynne du Randt (SA)
14:35 - 15:00	Discussion	
	SESSION 8.3: Real-World Functioning in Education and Work	
	Chair: Emma Wijnberg	
12:30 - 12:35	Introduction of speakers	
12:35 - 13:05	ADHD at school: outcomes that matter beyond report cards	Adri van der Walt (SA)
13:05 - 13:35	ADHD at university: executive demands, accommodations and mental health	Cole Goldberg (SA)
13:35 - 14:05	ADHD in the workplace: productivity, leadership and disclosure	Linda Hiemstra (SA)
14:05 - 14:35	Coaching and Psychosocial Interventions for Functional Improvement	Gill Molteno (SA)
14:35 - 15:00	Discussion	
	SESSION 8.4: Equity, Advocacy and Public Communication	
	Chair: Marenet Jordaan	
12:30 - 12:35	Introduction of speakers	
12:35 - 13:05	Delivering ADHD care in low-resource and rural settings	Kevin Mbongiseni Makhubo (SA)
13:05 - 13:35	Reducing stigma and improving culturally fair public understanding	Holly Puzsar (AUS)
13:35 - 14:05	Social media, misinformation and responsible advocacy	Florence de Vries (SA)
14:05 - 14:35	Policy, reimbursement and building sustainable ADHD services	Boshoff Steenekamp (SA)
14:35 - 15:00	Discussion	
15:00 - 15:30	Comfort Break / News from the sponsors	
15:30 - 17:00	SESSION 9: Ethics, Prizes, Entertainment and Closing	
	Chair: Renata Schoeman	
15:30 - 15:35	Introduction of speaker	
15:35 - 16:15	Ethics in ADHD care: fairness, access and the responsibilities of precision medicine	Indhrin Chetty (SA)
16:15 - 16:55	Coming down from the Roof?	Vivienne Vermaak (SA)
16:55 - 17:00	Prizes and Closing	