

Clinical Research Spotlight: Evaluating Telehealth in Adolescent ADHD

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At Rochester Center for Behavioral Medicine (RCBM), we are committed to grounding our telepsychiatry services in rigorous clinical evidence. Recent program evaluation research conducted at RCBM evaluated medication adherence and clinical outcomes among adolescents (ages 12–17) receiving care for ADHD via telehealth vs. hybrid care models.

Key Research Takeaways:

- **Symptom Improvement Across Measures:** Patients receiving remote care demonstrated statistically significant improvements in anxiety (GAD-2), depression (PHQ-9), and ADHD symptom tracking (ASSET).
- **Consistent Care Quality:** Medication adherence rates, measured via Proportion of Days Covered (PDC), aligned with or exceeded national post-pandemic pediatric averages.
- **Proven Flexibility:** Telehealth provides a safe, highly convenient pathway for routine monitoring and symptom management, expanding access across Michigan.

The Science Behind CareSynch: Why Hybrid Care Works Best

The CareSynch program was developed not only to meet evolving federal regulatory requirements (such as the Ryan Haight Act), but to ensure our patients achieve the highest possible standard of clinical success.

Recent RCBM clinical research evaluating 49 adolescents with ADHD on stimulant therapy demonstrated the clear advantages of combining in-person evaluations with telehealth:

- **Higher Medication Adherence:** Patients in the hybrid care model achieved significantly higher Proportion of Days Covered compared to exclusive telehealth care.
- **Better Attendance:** Hybrid care structures resulted in superior appointment attendance rates compared to virtual-only visits.
- **Optimized Clinical Outcomes:** Periodic in-person touchpoints ensure accurate physical evaluations while preserving the routine convenience of telehealth.

Our findings confirm that blending in-person safety check-ins with telepsychiatry offers the ideal balance of convenience, compliance, and clinical safety.