MyDopa™

FOR PEOPLE WITH ADHD

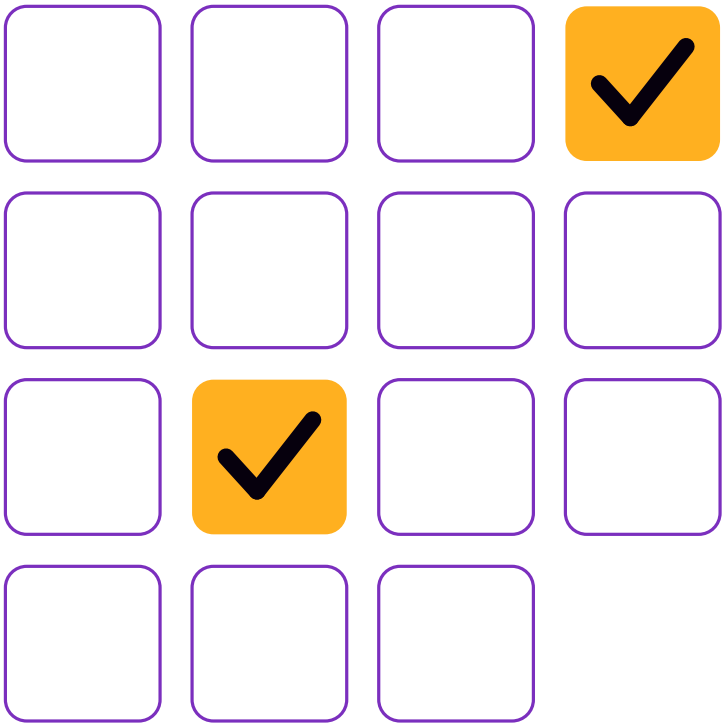
The *Evidence* Guide for the ADHD Mind

From doubt to proof in 14 days. A free guide for people with ADHD.

mydopa.app

It is 5 o'clock. You did *2* things.

You had 15 things to do. You finished 2. Your mind is counting the 13.



2

done

13

your mind is counting

That count is not wrong. It is half a count. Nothing in your day is counting the 2.

> ***"Which number is your mind shouting?"***

Everyone who improves counts *something*.

Runners keep a running log. People who watch their health follow steps, sleep and heart rate. Dieters count meals. Counting is how anyone gets better at anything.



A running log

Every run goes in the log.
You see your pace get better.



A health dashboard

Steps, sleep, heart rate, together.
You see the trend, not just today.



A calorie counter

Every meal goes in.
You see the pattern behind the day.



MyDopa

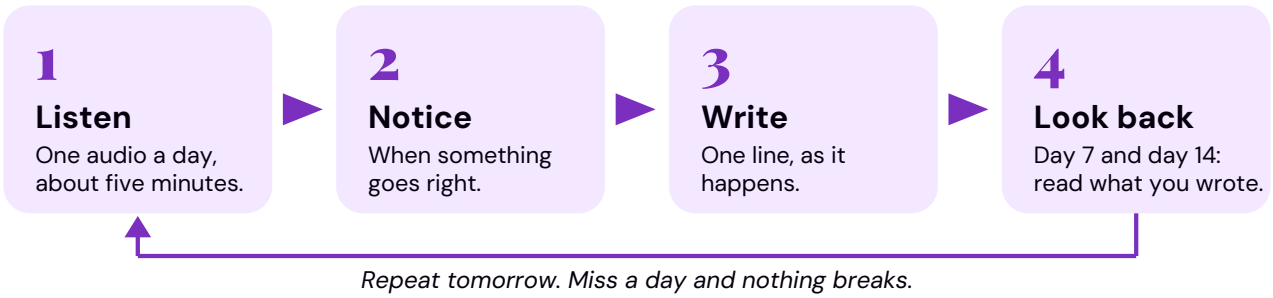
Every line that went right goes in.
You see what you actually did.

Nobody gave your mind a way to count what you did today.

> *"MyDopa is that, for the part of your day nobody counts."*

How it *works*

Four moves. About five minutes a day.



Repeat tomorrow. Miss a day and nothing breaks.

WHAT IT DOES FOR A MIND LIKE YOURS

	YOUR MIND DOES	THE PRACTICE DOES	YOU BUILD
Accuracy	Counts what is left, and never what you did.	Counts what you did: one line each time something goes right.	**A fuller count of your day.**
Clarity	Mixes up what happened with what it means. One slip becomes "I always mess up."	A line written as it happens keeps what happened apart from the story.	**You see what actually happened.**
Self-confidence	Has no proof to point to when it matters.	Keeps a record in your own words.	**Proof you can point to.**

THE SENTENCE YOU SAY TO YOURSELF

BEFORE

"I always miss deadlines."

AFTER

"I missed this one, and I have done these things."

Your 14-day *record*

One line a day, written when something goes right. Count three kinds of lines: something you STARTED, something you FINISHED, something you SHOWED UP for. An empty box is fine. Nothing breaks.

DAY 1 Hear the first audio. Write one small line.	**DAY 8**
DAY 2	**DAY 9**
DAY 3 An empty box is fine.	**DAY 10**
DAY 4	**DAY 11**
DAY 5	**DAY 12**
DAY 6	**DAY 13**
DAY 7 Read the week before you judge it.	**DAY 14** Read all 14.

On day 14, read all of it from the top. Then ask one question: which verdict about me does my record not support?

The bad-day *card*

When your mind rules, read your card out loud. Here is one filled in. Then make yours.

WHEN MY MIND SAYS

"I always miss deadlines. I am hopeless at this."

MY RECORD SAYS

Answered the email I had been avoiding. Was late, and still went. Caught myself mid-rant and asked a question.

WHEN MY MIND SAYS

MY RECORD SAYS

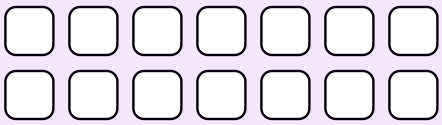
Cut it out. Keep it where you will see it.

From doubt to *proof*.

In 14 days, you stop arguing with yourself and start showing proof. Same mind, same hard days, now with a record.

DAY 1

"I always mess up."



0 lines in your record

DAY 14

"Here is my proof."



14 lines, in your own words

That is the change we believe you can make.

Five minutes of audio. One line when something goes right. Nothing breaks if you miss a day.

Request your invitation →

mydopa.app

We cannot promise how you will feel. We can promise a record of what you did.

WHAT MYDOPA IS NOT

MyDopa is a personal-development practice. It does not diagnose, treat or cure ADHD, and it is not a substitute for care from a qualified professional. If you think you may have ADHD, talk to a doctor or licensed clinician.

Why we believe *this*

Our claim is narrow. The research behind it is real, and so are its limits.

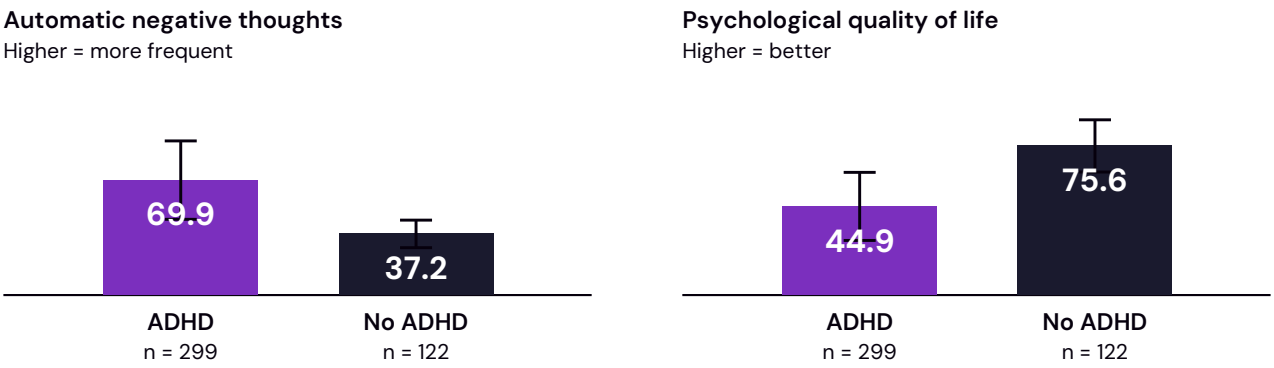


Figure 1. Averages with one standard deviation. Source: Pan et al. (2023), Table 1.

In a 2023 study of 299 adults with ADHD and 122 without (Pan et al.), the ADHD group scored nearly twice as high on a test of negative automatic thoughts, and the more often the thoughts came, the lower their psychological quality of life. The authors point to years of negative feedback from other people as one reason.

Across psychology, "Bad is stronger than good" (Baumeister et al., 2001). Bad feedback, bad news and bad impressions outweigh good ones, so a mind with years of corrections counts the loud half.

We do not claim MyDopa changes how you feel. A 2017 replication found that simple daily exercises did no better than a neutral placebo task (Woodworth et al.). Our claim is narrower: a written record gives you a fuller count of your own days, and a fuller count is a better basis for judging yourself.

WHAT THE STUDIES DO NOT SHOW

The study measures one moment, so it shows that these things travel together, not which causes which. Nearly six in ten of the ADHD group (177 of 299) had another diagnosis, most often a mood disorder (116 people) or an anxiety disorder (88), so ADHD cannot be cleanly separated from its companions. The sample is from one country, and the thoughts questionnaire is not specific to ADHD. We know of no trial of this practice.

Sources and *method*

Every figure and finding comes from the papers below. Summaries are ours. Quoted phrases are short, exact and attributed.

SOURCES

Pan, M.-R., Zhang, S.-Y., Chen, C.-L., Qiu, S.-W., Liu, L., Li, H.-M., Zhao, M.-J., Dong, M., Si, F.-F., Wang, Y.-F., & Qian, Q.-J. (2023). Bidirectional associations between maladaptive cognitions and emotional symptoms, and their mediating role on the quality of life in adults with ADHD: a mediation model. *Frontiers in Psychiatry, 14*, 1200522. https://doi.org/10.3389/fpsyt.2023.1200522

Baumeister, R. F., Bratslavsky, E., Finkenauer, C., & Vohs, K. D. (2001). Bad is stronger than good. *Review of General Psychology, 5*(4), 323–370. https://doi.org/10.1037/1089-2680.5.4.323 — Summarized from the published abstract.

Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist, 60*(5), 410–421. https://doi.org/10.1037/0003-066X.60.5.410 — Summarized from the published abstract.

Woodworth, R. J., O'Brien-Malone, A., Diamond, M. R., & Schüz, B. (2017). Web-based positive psychology interventions: A reexamination of effectiveness. *Journal of Clinical Psychology, 73*(3), 218–232. https://doi.org/10.1002/jclp.22328 — Summarized from the published abstract.

OUR CALCULATIONS

Effect size: d = (M1 - M2) / pooled SD, where pooled SD = $\sqrt{[((n1 - 1)s1^2 + (n2 - 1)s2^2) / (n1 + n2 - 2)]}$. For the Automatic Thoughts Questionnaire in Pan et al. (2023), M = 69.9 and 37.19, s = 23.84 and 8.38, n = 299 and 122, which gives d ≈ 1.59. The ratio 69.9 / 37.19 is about 1.9.

Counts of other diagnoses (177 of 299; 116 affective disorders; 88 anxiety disorders) are as reported in Pan et al. (2023), Results 3.1.