

Apps for ADHD

App	Description
Endeavor	An FDA-cleared video game that reduces ADHD symptoms by exercising attention and self-control. Adult version is over the counter (EndeavorOTC); child version is prescription (EndeavorRx).
Freedom, Cold Turkey, Stay Focused	Apps that block distracting websites while patients work.
Forest	An app that helps patients measure focused time away from distracting apps, gamifying the effort.
The Adult ADHD App	A free evidence-based app with education on ADHD and tools to improve focus (sponsored by ADHD Ireland).
Inflow	An evidence-based app that combines cognitive behavioral therapy, psychoeducation, and coaching tools for teens and adults with ADHD.
Sensory Diet (BrainWorks)	An evidence-based program for children and adults to help manage sensory processing, focus, and self-regulation through structured sensory breaks and activities.
Mindfulness apps	Mindfulness therapy reduced ADHD in clinical trials. Research-backed apps include Headspace, Calm, and free versions of Insight Timer and Smiling Mind.

Source: *Hosseinnia M et al, Front Public Health 2025;13:1483923*

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