Dr. Dora Wynchank
Biography



Dr. Dora Wynchank, ADHD Expertise Centre, PsyQ, The Hague, Netherlands. Chair of the Neurodevelopmental disorder Section of the European Psychiatric Association. Dr. Dora Wynchank is a psychiatrist, researcher and educator specialising in adult ADHD. After her career in South Africa, where she worked as a consultant psychiatrist and held leadership roles in psychiatric organisations, she relocated to the Netherlands in 2014. There, she completed her PhD on adult ADHD and biological rhythms at Amsterdam University Center/VUMC. Currently, she works at PsyQ in The Hague, focusing on adult ADHD treatment. Her current research interests include the clinical presentation of ADHD in women, the impact of hormonal changes on ADHD, sleep disorders in ADHD, and cardiovascular presentations related to ADHD. She is also editor of the of the DIVA Foundation, which has developed a diagnostic interview for adult ADHD in over 30 languages. She has published numerous peer-reviewed papers, lectures widely and is actively involved in ADHD advocacy.