

Prevalence of Adult Attention Deficit Hyperactivity in a Known Population: An Institutional Based Study

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ABSTRACT

Background: Attention-deficit/hyperactivity disorder (ADHD) in adults is characterized by symptoms of inattention, restlessness and impulsivity. The present study was conducted to assess the prevalence of adult attention deficit hyperactivity in a known population.

Materials and Methods: This was a descriptive cross-sectional study conducted sample population included 18 to 50 year old subjects. A sample size of 250 subjects was taken. Conner's Adult ADHD Rating Scale was used for screening. The recorded data was compiled, and data analysis was done using SPSS Version 20.0 (SPSS Inc., Chicago, Illinois, USA).

Results: In the present study a total of 250 participants were included in which 44% were males and 56% were females. Adult ADHD was present in 13.63% males and 5.71% females. Adult ADHD was present in maximum patients of age group 31-40yrs (12.22%) and least in the age group 41-50 yrs (6%).

Conclusion: This study concluded that total prevalence of

adult ADHD as 9.2% and it was prevalent in males and age group 31-40yrs.


Keywords: Adult Attention Deficit Hyperactivity, Adulthood, Neurodevelopmental Disorder.

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INTRODUCTION

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder associated with multiple psychiatric and physical disorders that can persist into adulthood.^{1,3} Most adults predominantly exhibit problems with inattention, which manifest as disorganization, forgetfulness, unreliability, and difficulty in planning, task completion, task shifting and time management.^{4,5}

Adult ADHD is also associated with a wide range of other disorders, such as mood and substance use disorders.^{6,7}

ADHD affects an estimated 4% to 12% of school-aged children worldwide⁸ with survey and epidemiologically derived data showing that 4 to 5% of college aged students and adults have ADHD.⁹ The presentation of ADHD in adults is different from that in children,^{10,11} in part because of a greater decrease in symptoms of hyperactivity than in symptoms of inattention.¹²

Also, impairment related to ADHD in adulthood is manifested differently from impairment in childhood.¹³ In the transition from childhood to adulthood, the diminishing symptoms of hyperactivity may be manifested as restlessness,¹³ whereas the persisting symptoms of inattention¹² may be manifested as difficulties in

carrying out tasks (e.g., keeping appointments, meeting deadlines, or focusing on a single task) and may affect important functions in various aspects of life.¹² The present study was conducted to assess the prevalence of adult attention deficit hyperactivity in a known population.

MATERIALS AND METHODS

This was a descriptive cross-sectional study conducted in Department of Psychiatry, Narayan Medical College & Hospital, Rohtas, Sasaram, Bihar (India) with sample population included 18 to 50 year old subjects. A sample size of 250 subjects was taken. Before the commencement of the study ethical approval was taken from the Ethical Committee of the institute. Patients who lack of severe mental and somatic disability, willingness and consent to participate in the study were included in the study. Conner's Adult Rating Scale was used for screening the purpose followed by a clinical diagnosis made through psychiatry interview based on DSM-IV. The recorded data was compiled, and data analysis was done using SPSS Version 20.0 (SPSS Inc., Chicago, Illinois, USA).

Table 1: Prevalence of adult ADHD according to gender

Prevalence of adult ADHD	Gender	
	Male N(%)	Female N(%)
Presence	15(13.63%)	8(5.71%)
Absence	95(86.36%)	132(94.28%)
Total	110(44%)	140(56%)

Table 2: Prevalence of adult ADHD according to age group

Prevalence of adult ADHD	Age group		
	18-30yrs N(%)	31-40yrs N(%)	41-50yrs N(%)
Presence	9(8.18%)	11(12.22%)	3(6%)
Absence	101(91.81%)	79(87.77%)	47(94%)
Total	110(44%)	90(36%)	50(20%)

RESULTS

In the present study a total of 250 participants were included in which 44% were males and 56% were females. Adult ADHD was present in 13.63% males and 5.71% females. Adult ADHD was present in maximum patients of age group 31-40yrs (12.22%) and least in the age group 41-50 yrs (6%).

DISCUSSION

It is known that only 25% of adult ADHD patients were diagnosed during their childhood or adolescence.¹⁴ In fact, some adults with ADHD are referred to clinicians for the first time after their children have been diagnosed with ADHD.¹⁵ Therefore, ADHD may currently be considered an underdiagnosed and undertreated disorder in adults.¹⁶

A study found significantly higher prevalence of ADHD in males.¹⁷ In contrast, women experience more internalizing problems than men, which leads to higher rates of self-referrals in adulthood thereby generating more balanced gender distributions in adult samples.¹⁸

Also, in a study conducted on outpatients with non-psychotic psychiatric illnesses, the prevalence of ADHD was 16.8% and it was 5.3% among healthy participant.¹⁹

In a study conducted in Hungary among 3529 adults aged 18 to 60 years, adult ADHD was more common in men and in adults younger than 40 years of age. The prevalence was 2.3% in males and 0.91% in females; 2.02% in the < or = 40 year old group and 0.70% in the >40 year old group based on DSM-IV diagnostic criteria.²⁰

In the present study a total of 250 participants were included in which 44% were males and 56% were females. Adult ADHD was present in 13.63% males and 5.71% females. Adult ADHD was present in maximum patients of age group 31-40yrs (12.22%) and least in the age group 41-50 yrs (6%).

Amiri S et al reported the prevalence of adult ADHD was estimated to be 3.8%. Men when compared with women were more likely to have ADHD (5.5 % in men versus 2% in women). Marital status, birth order, educational level and occupational status showed no significant association with adult ADHD. History of psychiatric treatment, alcohol drinking and smoking had similar relative frequency in subjects with and without adult ADHD.²¹

CONCLUSION

This study concluded that total prevalence of adult ADHD as 9.2% and it was prevalent in males and age group 31-40yrs.

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