

How is ADHD treated?

Improvements in the symptoms of ADHD can lead to an improvement in psychological functioning and self-confidence, relationships and family life, interpersonal skills, professional and academic achievement, driving performance and the decreased risk of drug and alcohol misuse.¹

In addition to medication, psychological counselling may help, e.g. support coaching or assistance with organising daily activities.¹ Family therapy may be useful to manage relationship functioning.¹ Furthermore additional coexistent health issues that may be present, such as depression or substance abuse, also need to be addressed.¹

Effective treatment for ADHD in adults is available, which can improve both your life and the lives of those around you.¹

If you think you may be experiencing symptoms of ADHD, or you have more questions that you would like to have answered, do not hesitate to speak to your doctor about an effective treatment option available from Janssen.

References: 1. Kooij SJJ, Bejerot S, Blackwell A, et al. European consensus statement on diagnosis and treatment of adult ADHD: The European Network Adult ADHD. *BMC Psychiatry* 2010; 10(67): 1-24. 2. NICE (UK) National Clinical Practice Guideline. Number 72. Chapter 4: The experience of treatment and care for ADHD. 2008. Available at www.nice.org last accessed: January 2012. 3. Canadian ADHD Resource Alliance (CADDRA). *Canadian ADHD Practice Guidelines*. Third edition 2011. Chapter 5: Specific issues in the management of ADHD in adults. Available at <http://www.caddra.ca/cms4/pdfs/caddraGuidelines2011Chapter05.pdf> last accessed: December 2011. 4. Goodman DW, Thase ME. Recognizing ADHD in adults with comorbid mood disorders: implications for identification and management. *Postgraduate Medicine* 2009; 121(5): 20-30. 5. Kooij SJJ. Adult ADHD Diagnostic Assessment and Treatment. Pearson Assessment and Information BV, Amsterdam, the Netherlands. 2010; 51-59. 6. Tcheremissine OV, Lieving LM. Once-daily medications for the pharmacological management of ADHD in adults. *Therapeutics and Clinical Risk Management* 2009; 5: 367-379. 7. Adler L, Kessler R, Spencer T. Adult ADHD Self-Report Scale-V1.1 (ASRS-v1.1) Screener from WHO Composite. International Diagnostic interview. 2003.

Adult Self-Report Scale-VI.I (ASRS-VI.I) Screener⁷

from WHO Composite International Diagnostic Interview

Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.

	Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How often do you have difficulty getting things in order when you have to do a task that requires organisation?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How often do you have problems remembering appointments or obligations?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Add the number of checkmarks that appear in the darkly shaded area. Four (4) or more checkmarks indicate that your symptoms may be consistent with ADHD. It may be beneficial for you to talk with your healthcare provider about an evaluation.



Call the SADAG helpline if you think you may have Adult ADHD

New ADHD helpline
0800 55 44 33

Bring life with ADHD into focus

New ADHD helpline
0800 55 44 33



Adult
ADHD

ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a lifelong condition that affects a person's behaviour and daily functioning at work and at home.^{1,2}

ADHD is a well recognised psychiatric disorder in children. Studies have shown that approximately 2/3 of children with ADHD continue to have symptoms in adulthood.¹

How common is ADHD in adults?

ADHD in adults is common: 4.4% of adults have the symptoms of ADHD (that is approximately 4 in every 100 adults).³

Does ADHD run in families?

Yes, there is a strong genetic link to ADHD.¹ Parents and siblings of a child with ADHD are far more likely to have ADHD symptoms themselves. It is becoming increasingly important for parents of children with ADHD to be diagnosed and to receive treatment since around 20 - 50 % of parents of children with ADHD have ADHD themselves.¹

What are the symptoms of ADHD in adults?

The most common symptoms of ADHD in children are inattention, hyperactivity/disruptiveness and impulsivity.³ However, symptoms change between childhood and adulthood and hyperactivity/disruptiveness and impulsivity become less obvious, and more difficult to recognise, in adults.¹ In adults, the symptoms of ADHD are associated with difficulties regarding organisation, attention, motivation and commitment.^{1,2}

Childhood



Inattention⁴

- Difficulty sustaining attention
- Failure to pay attention to details
- Appears not to listen
- Lacks follow-through
- Cannot organise
- Loses important items



Hyperactivity⁴

- Squirming and fidgeting
- Cannot stay seated
- Cannot wait his or her turn
- Runs and climbs excessively
- Cannot play or work quietly
- "On the go"
- Talks excessively



Impulsivity⁴

- Blurts out answers
- Cannot wait in line
- Intrudes or interrupts others

Adulthood



Inattention⁵

- Quickly distracted, quickly bored
- Difficulty completing things
- Switching from one activity to another
- Poor ability to plan, organise and choose
- Difficulty listening and taking in information
- Easily lost in details and loses sight of the broader outline
- Forgetfulness



Hyperactivity⁵

- Always busy (inability to stop talking or carrying out activities)
- A feeling of inner restlessness or agitation
- Inability to relax peacefully



Impulsivity⁵

- Impatient
- Acting without thinking (spending too much money, spending money quickly, blurting things out, gambling, stealing, impulsive binges and decision making)
- Impulsivity starting or leaving relationships and jobs

How do I find out if I have adult ADHD?

In order to be diagnosed and treated for adult ADHD, you need to consult a doctor. Your doctor will assess your childhood development and current behavioural symptoms, through an in-depth diagnostic interview.¹

What are the consequences of not treating ADHD in adults?

ADHD in adults is often not recognised and only 11% of those adults whose symptoms may meet the criteria of ADHD, are currently being treated.⁶ Adults with ADHD may be perceived by others as having a behavioural problem, being lazy or aggressive and this can affect relationships with others and self-confidence.¹ Adults with ADHD may suffer from impairments in various aspects of their lives, such as their relationships (with family, friends and colleagues), occupation (increased rate of unemployment and underachievement at work), social and driving impairment.¹

Treatment of ADHD with medication not only improves the symptoms of ADHD, but also improves low self-esteem, anger outbursts, mood swings and interpersonal relationships.¹