



spotlight on health

Survey Of Adults Shows Life-Long Consequences Of Attention Deficit/Hyperactivity Disorder (ADHD)

(NAPSA)—Adults with ADHD may have grown up with the condition but have they outgrown it? A new national survey, “Capturing America’s Attention,” shows that adults with ADHD may experience far-reaching consequences that greatly impact educational and professional achievements, as well as affect personal relationships.

While the exact number of adults with ADHD is not known, it is estimated that four percent of the adult U.S. population is affected by ADHD. The survey of 1,001 adults found that ADHD leads to consequences throughout life that restrict adults from reaching their full potential.

“The importance of diagnosing and helping adults with ADHD has often been debated by individuals, health care professionals and by society in general,” said Joseph Biederman, M.D., Professor of Psychiatry, Harvard Medical School and Chief of Pediatric Psychopharmacology at Massachusetts General Hospital. “The compelling results of this survey reinforce the fact that ADHD is a serious medical condition causing significant life-long impairments. ADHD can no longer be dismissed as a ‘fake’ or ‘made-up’ disorder.”

Survey highlights

The first-of-its-kind survey, conducted by Roper ASW via telephone interviews and supported by Shire US Inc., found that adults with ADHD:

- Are three times more likely to suffer from stress, depression or other problems with emotion.
- Are less likely to express a positive self-image. Only 40 percent of the adults with ADHD “strongly agree” that they have a bright outlook on their future.
- Are more likely to engage in harmful or antisocial behaviors, like smoking and drug use. In addition,



In adults, attention-deficit/hyperactivity disorder can strongly affect quality of life.

tion, people with ADHD are twice as likely to have been arrested.

- Have less stable relationships than those adults without ADHD. People with ADHD are twice as likely to be divorced and/or separated, and are less likely to be “completely satisfied” with their current relationship partners or loved ones.

- Tend to report lower educational achievement. They are less likely to be high school or college graduates.

- Have generally had more jobs over the course of the past 10 years. On average, those with ADHD had 5.4 jobs compared to adults without ADHD who had 3.4 jobs. Among adults with ADHD, 43 percent report that they lost or left one or more of those jobs in some part because of their ADHD symptoms.

- Are more likely to report “lost days” when they are not fully engaged both physically and emotionally. About one in four (24 percent) of adults with ADHD said that on 11 days per month, on average, they were prevented from normal activities, such as work, due to poor mental or physical health—compared to only nine

percent of adults without ADHD.

“By determining how people’s lives are impacted starting from childhood, we can begin to help people take control of their lives and reduce the potential for life-long impairment,” said Stephen V. Faraone, PhD, Harvard Medical School Department of Psychiatry at Massachusetts General Hospital.

About ADHD

ADHD is a neurobiological disorder that manifests as a persistent pattern of inattention and/or hyperactivity-impulsivity that is more frequent and severe than is typically observed in individuals at a comparable level of development. Proper diagnosis and effective treatment can help improve self-esteem, work performance and skills and social competencies.

The most common behaviors exhibited by those who have ADHD are inattention, hyperactivity, and impulsivity. While hyperactivity is present in some adults that are diagnosed with ADHD, typically adults with ADHD are much less hyperactive compared to children with ADHD.

People who have ADHD, or who know someone they think might have ADHD, should contact a health care professional. Although there is no “cure,” there are accepted treatments that specifically target its symptoms, including educational approaches, psychological or behavioral modification and stimulant drug therapy.

There are many reliable resources available for people who have ADHD, as well as those who have a loved one with ADHD. These include Children and Adults With Attention-Deficit/Hyperactivity Disorder (www.chadd.org) and the Attention Deficit Disorder Association (www.add.org). For additional information, visit www.ADHDsupportcompany.com.