

ADHD in women

UKAAN & ENAA & APSARD

London — Sept 2014



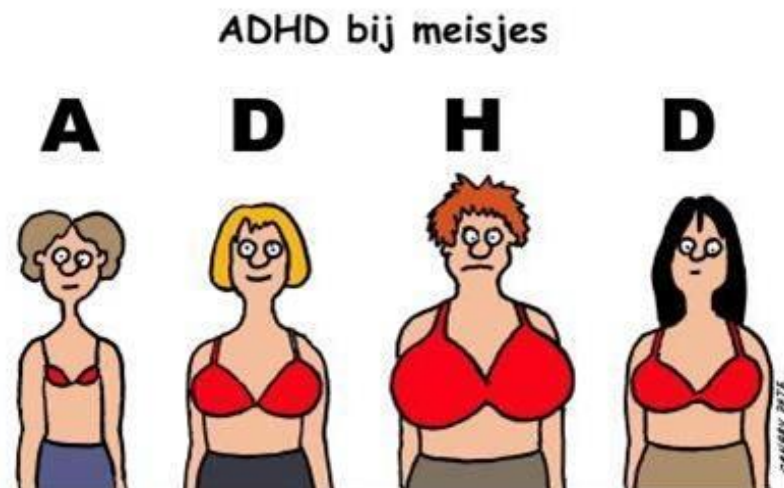
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Content

- ADHD in women
- Underdiagnosis of girls and women
- Are girls and women lost to Chronic Fatigue Syndrome or Burn-out?
- Comorbidity patterns & gender
- Books
- Research agenda
- ADHDFund



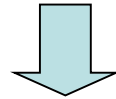
ADHD is no longer a male disorder

	Children M : F	Adults M : F
Clinical studies	2 - 9 x	1 - 2 x
General population studies	2 - 3 x	1 - 1.5x

Gender differences children and adults

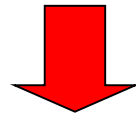
Childhood

$M \gg F$



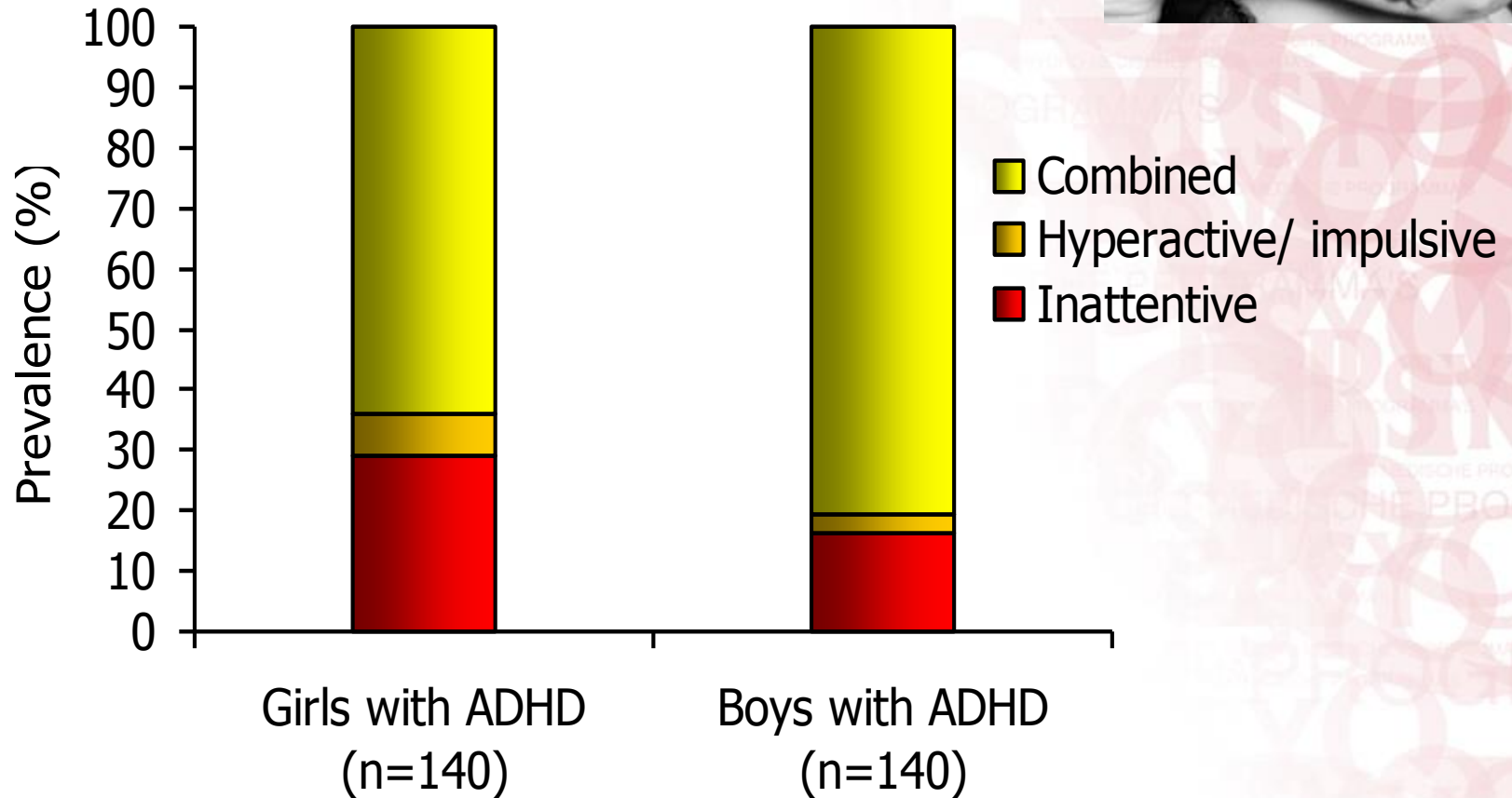
Adulthood

$M = F$



Underdiagnosis in girls

Girls have more ADD

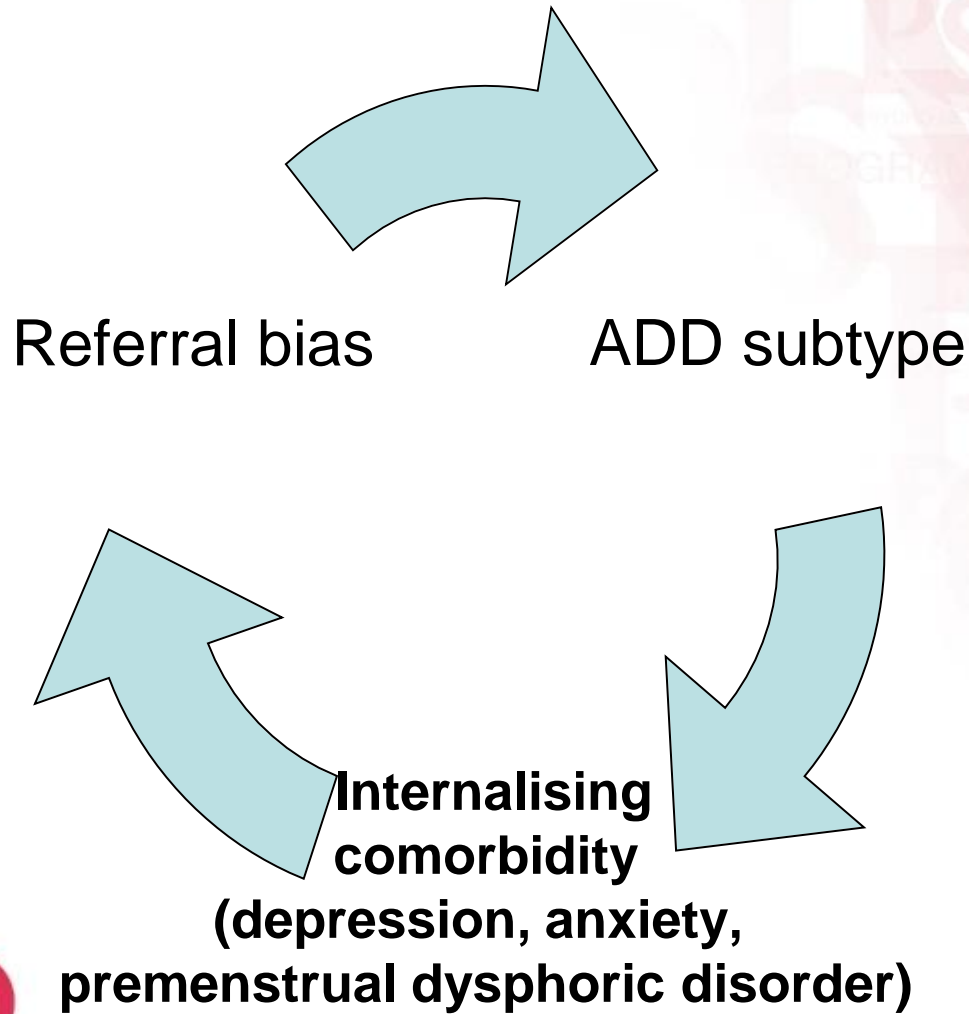


Girls and women 2x more often ADHD inattentive type

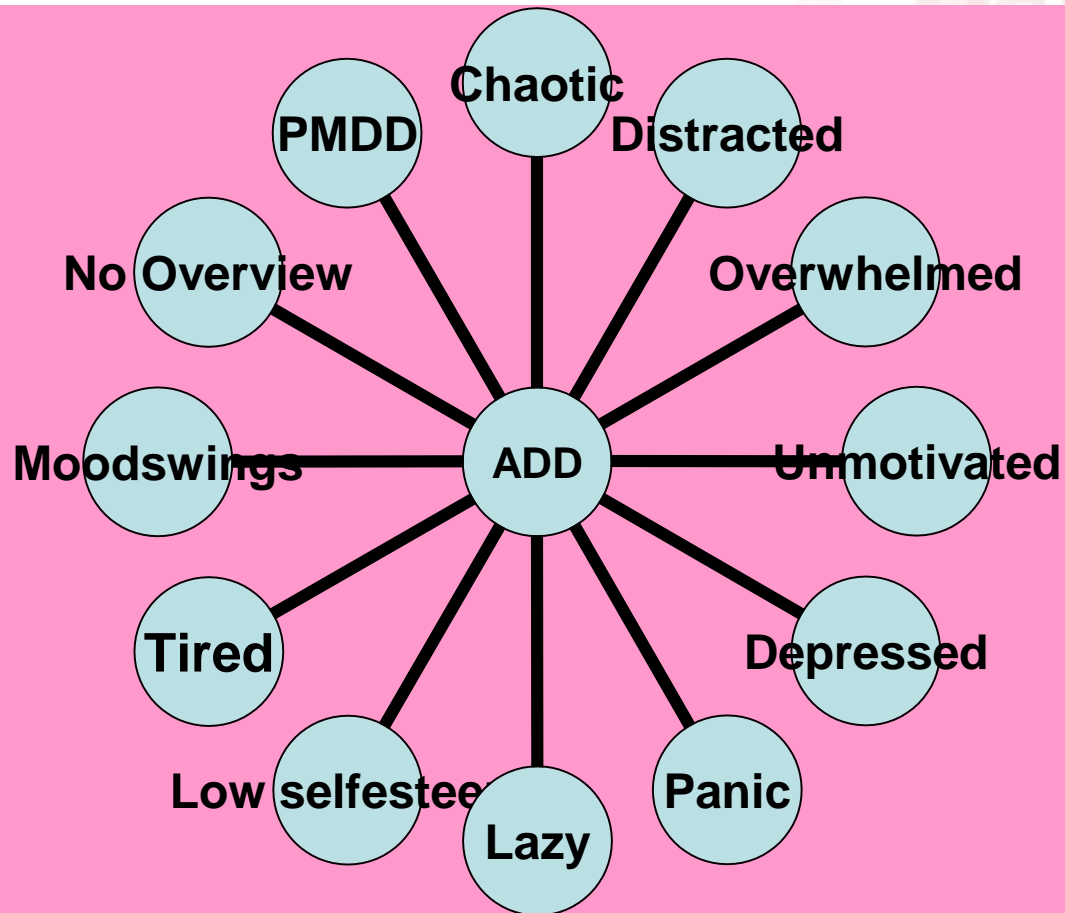
- But majority has still ADHD combined type
- Women have to organise themselves, family, household, childrens' agenda's and their job
- Being a women with ADHD is 'a job from hell', always late, forgetting things ...
- Chaos and tiredness their daily bread
- Low selfesteem and uncertainty about capabilities the result



3 causes of underdiagnosis of ADHD in girls



Complaints girls and women with AD(H)D



Room with a view?



Is ADHD like Chronic Fatigue Syndrome (CFS)?

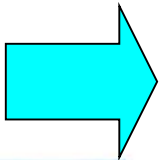
Inattentive girls referred for being 'tired'?

- Clinical studies: boys more often ADHD
- Epidemiological research: girls similar percentage ADHD as boys

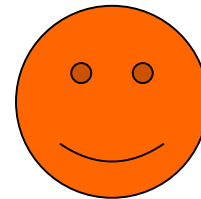
ADHD in girls is less well known, and their behaviour less disruptive than in boys ...

Boys have more often:

- ADHD, combined type
- More severe hyperactivity
- Externalising comorbidity (oppositional defiant or aggressive behaviour)

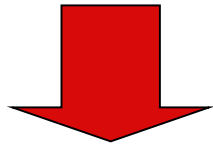


Being disruptive helps to get help....



Girls are not disruptive ...

Inattention takes continuous mental effort,
leading to exhaustion ...



... but may be chronically tired!



What happens to girls and women with AD(H)D?

- Potential referral to neurologist or pediatrician for complaint of being **tired or sleepy**
- CFS: 4x as often in girls
- In women with ADHD, often past diagnosis of CFS
- Are girls and women with ADD or ADHD lost to CFS?

Tired girls and overlap with ADHD

- Chronic tired
- Les sportive
- More often anxiety, depression, obesity (higher BMI)
- Family members with ADHD and CFS
- Hereditary factor: concordance twin studies (.5)
- Mothers: also tired, depressed, anxious en working less hours
- Lower results on same attention tasks as in ADHD (interference)

ADHD and CFS need further study

- Screening for ADHD in Burnout or CFS group
- Methylphenidate treatment in subgroup with diagnosis of ADHD may ameliorate tiredness and inattention
- Physical complaints in ADHD need further study (RSI, burnout, neck- and backpains, obesity, chronic tiredness, chronic sleep-problems)

Concurrent disorders in ADHD children (in 66%) & gender

- Oppositional Defiant Disorder M > F
- Conduct Disorder M > F
- Autism Spectrum Disorders M > F
- Anxiety F > M
- Depression M > F
- Premenstrual Dysphoria F >>
- Substance abuse disorders F > M !
- Bipolar Disorders M > F



Concurrent disorders in adult ADHD

	%	M : F
• Depression (60% SAD)	50-60	=
• Bipolar Disorder (88% BP II)	10	=
• Anxiety Disorders	20-30	F > M
• SUD	25-45	M > F
• Smoking	40	F > M
• Cluster B Pers. Disorders	6-25	M > F
• Sleeping Problems (DSPS)	75	=
• Muscle, joint, neck- and backpain	?	?

What we know about ADHD in women I

- Similar prevalence rates in adult men and women
- More similarities than differences between genders: symptoms, comorbidity, impairment, treatment response
- Later diagnosis in women, less well known by GPs and mental health care
- More difficulty to make the transition to adult mental health care
- More peer rejection & lower self esteem
- More risky sexual behaviour, more self harm than women w.o. ADHD
- Older women: advocates for the underdog!
- Different presentation in subtypes: more ADD



What we know about ADHD in women II

- Different presentation in comorbidity patterns: more anx/depr/eating & pers. disorder, less aggression and incarceration
- Different brainmorphology and functioning
- More loss of appetite and weight using Mph than men



What we don't know ...

Research agenda

- Influence of hormonal fluctuations on mood x ADHD severity, sleep, smoking and other domains
- ADHD & pregnancy
- ADHD & women's health
- Treatment response during the cycle in women with ADD vs ADHD: larger samples needed to identify sex x subtype interactions
- Relationships between menstrual cycle and other rhythms (circadian, seasonal, annual)

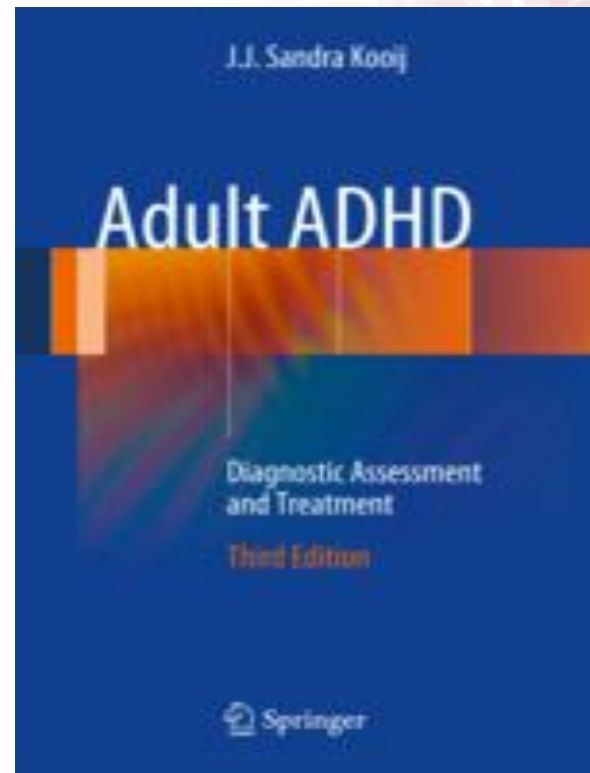
Adult ADHD

Diagnostic Assessment and Treatment

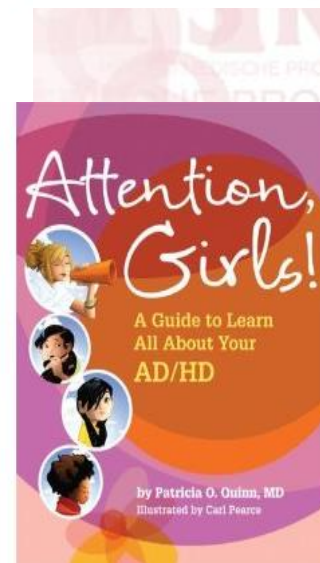
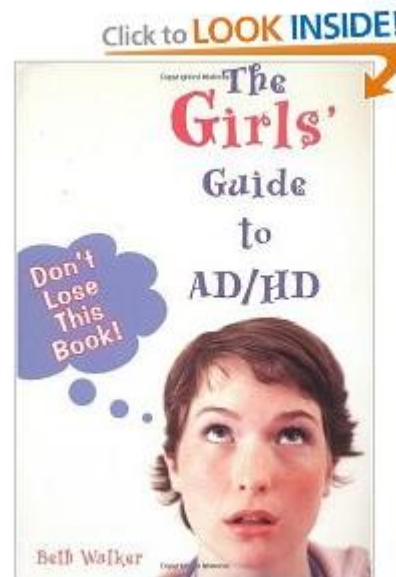
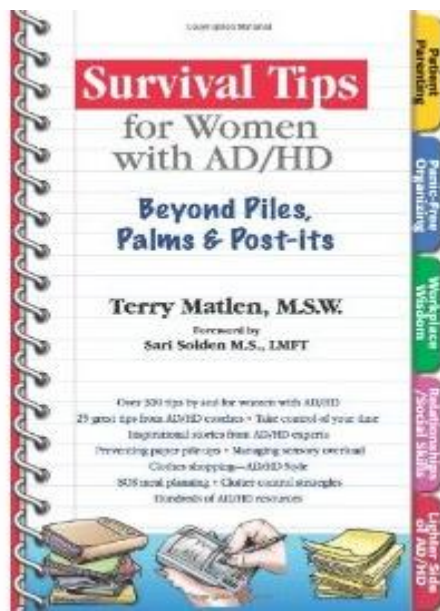
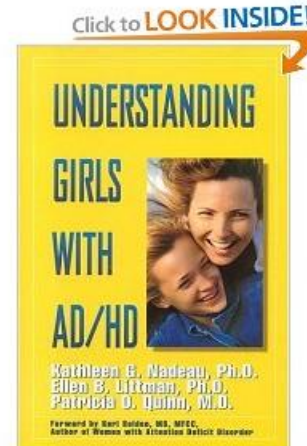
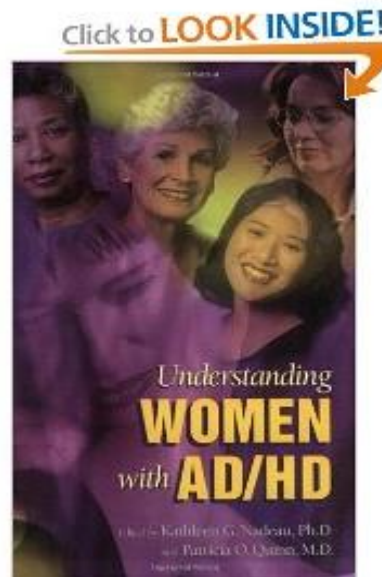
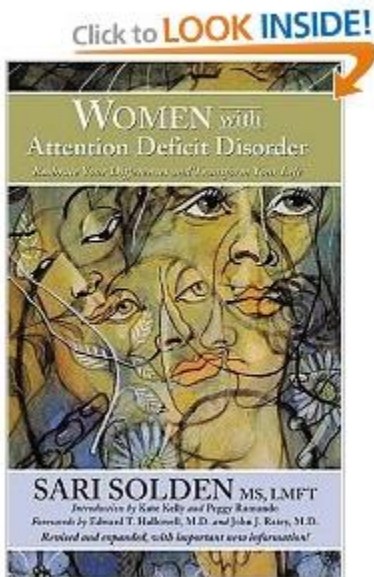
Including DIVA 2.0

JJS Kooij, 3rd edition
2012

www.springer.com
Search for 'Adult ADHD'



BOOKS on GIRLS & WOMEN & ADHD



ADHDFUND

online crowdfunding

- For patient driven & patient oriented research, **IN WOMEN??**
- Patients determine preferred research subjects (current trend: Mood, Health, ASS, and sleep)
- Patients determine which research will be funded
- 3 months to get funded, private and professional networks get involved
- Only succesful when large crowd of people is involved, international worldwide fund
- Started: January 2014
- First 2 studies funded in Juni 2014: *ADHD, sleep & your heart*, and *COTAP, a diagnostic test for ADHD in children!*
- Next round is NOW! 4 slots available online: info@adhdfund.com



Ask me about my attention
deficit disorder.
Or pie. Or my cat. A dog.
I have a bike. Do you like
tv? I saw a squirrel. Hi.

Thank you for your attention!