



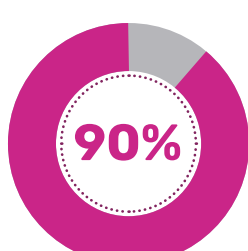
# DISEASE BURDEN OF ADHD IN ADULTS

**ADHD is now recognized as one of the most common psychiatric diagnoses in adults<sup>1</sup>**

**The prevalence of ADHD among the adult patient population in the US has been estimated at up to 5%<sup>2</sup>**

**Approximately 15.7 million US children, adolescents, and adults have ADHD<sup>2,3</sup>**

## ABOUT ADULT ADHD



While ADHD was previously classified as a “childhood disorder,” recent long-term studies suggest that up to **90% of pediatric patients diagnosed will continue to have ADHD as adults.**<sup>4</sup> Functional impairments associated with ADHD may also evolve as patients transition to adulthood.<sup>5</sup>

While 10 million American adults are diagnosed with ADHD, data support that ADHD remains underdiagnosed and consequently untreated in adult populations.<sup>3,6,7</sup>

## COMMON SIGNS OF ADHD IN ADULTS

**Some symptoms of predominantly inattentive ADHD can include:**

- Often failing to give close attention to details like frequent errors at work<sup>8</sup>
- Difficulty starting, paying attention to, and completing tasks<sup>8</sup>
- Trouble listening when spoken to<sup>8</sup>
- Often losing or forgetting important items like your phone or keys<sup>8</sup>

**Some symptoms of predominantly hyperactive and impulsive ADHD can include:**

- Trouble staying seated or fidgeting<sup>8</sup>
- Feeling restless or always “on the go”<sup>8</sup>
- Interrupting others often<sup>8</sup>
- Feeling impatient when forced to wait in line or wait for someone else to finish a task<sup>8</sup>

**Combined (inattentive/hyperactive-impulsive) ADHD looks like a combination of both types of ADHD.<sup>8</sup>**

**The presentation of ADHD is different in adults vs children; symptoms of inattention become more prominent than those of hyperactivity<sup>9,10</sup>**

## WHAT IS AT RISK?

Adults with ADHD often cope with difficulties at work and in their personal and family lives related to ADHD symptoms. Many have inconsistent performance at work or in their careers; have difficulties with day-to-day responsibilities; experience relationship problems; and may have chronic feelings of frustration, guilt, or blame.<sup>11</sup>

## GENDER DIFFERENCES IN ADHD



ADHD is often undiagnosed in young girls. While boys’ symptoms often fit the stereotypical ideas of ADHD, girls’ symptoms go unnoticed.<sup>12</sup>

In adulthood, ADHD may be underdiagnosed in women, who often present with subtler internalizing symptoms (eg, inattentiveness) vs more obvious externalizing symptoms (e.g., impulsiveness and hyperactivity).<sup>13</sup>

Boys are three times as likely to be diagnosed with ADHD than girls<sup>14</sup>, and symptoms continue into adulthood in more than 90% of cases.<sup>4</sup>



NIH reports that the US adult ADHD prevalence is 4.4 percent with a 5.4 percent diagnosis rate in men compared to 3.2 percent in women.<sup>1</sup>

## ECONOMIC BURDEN

The economic burden of adult ADHD in the US is estimated at up to **\$266 billion annually.**<sup>6</sup>

Associated costs include:

- Medical/health-related expenses<sup>6</sup>
- Productivity losses from work and academic settings:
  - Productivity and income loss due to adult ADHD is estimated at up to \$137 billion<sup>7</sup>
  - Up to 25% of college students receiving disability services are diagnosed with ADHD<sup>15</sup>
  - Studies have found that employees with ADHD are 60% more likely to be fired and 18 times more likely to exhibit “behavior problems” at work<sup>5</sup>

ADHD is also associated with a higher risk for mood disorders—a psychosocial impact that can also have indirect economic consequences.<sup>6</sup>

## ADHD ON THE RISE

According to BlueCross, from 2009-2017, **ADHD diagnoses has climbed more than 30 percent.**<sup>16</sup>



More recently, the COVID-19 pandemic is causing a number of challenges for many people. Those with ADHD may be particularly vulnerable to stress due to the pandemic as they face disruptive changes in their life and may therefore display increased behavioral problems.<sup>17</sup>

Despite this growing awareness, issues with healthcare resources, poor understanding among healthcare professionals, and stigma around the disorder mean many adults struggle to get a diagnosis.<sup>18</sup>

## TREATMENT OPTIONS

ADHD treatment is considered “multimodal” and should be tailored to each person’s needs and circumstances.<sup>19</sup>

Initial treatment would usually be non-pharmacologic and is often focused on behavioral management techniques and support, in addition to learning to structure their environment.<sup>19,20</sup>

When behavioral and educational approaches may not be enough, medication treatment may play an important role in treating core symptoms of ADHD.<sup>19</sup>

[Click here to learn more](#)

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