

# ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND MENTAL HEALTH IN CHILDREN

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## INTRODUCTION

- According to the Centre of Disease Control and Prevention, ADHD is one of the most common neurodevelopmental disorders (estimated prevalence 9.4%)
- 64% of patients with ADHD had another mental, emotional or behavioural disorder.
- In the local context data is limited

## OBJECTIVES

To investigate mental health comorbidities in ADHD in our population

## METHODOLOGY

- Children diagnosed with ADHD and followed up within the community paediatric clinics between Jan 2017 and Jan 2018 were identified using an existing patient database.
- Case notes for these patients were retrieved and information regarding ADHD and its co-morbidities was recorded and entered into a computerized database.

## RESULTS

- 1087 patients were seen from January 2017- February 2018.
- 130 patients were diagnosed with ADHD (12%)
- 75% Male

### Perinatal Factors

- 7.6% were Premature
- 9.2% had Low Birth Weight

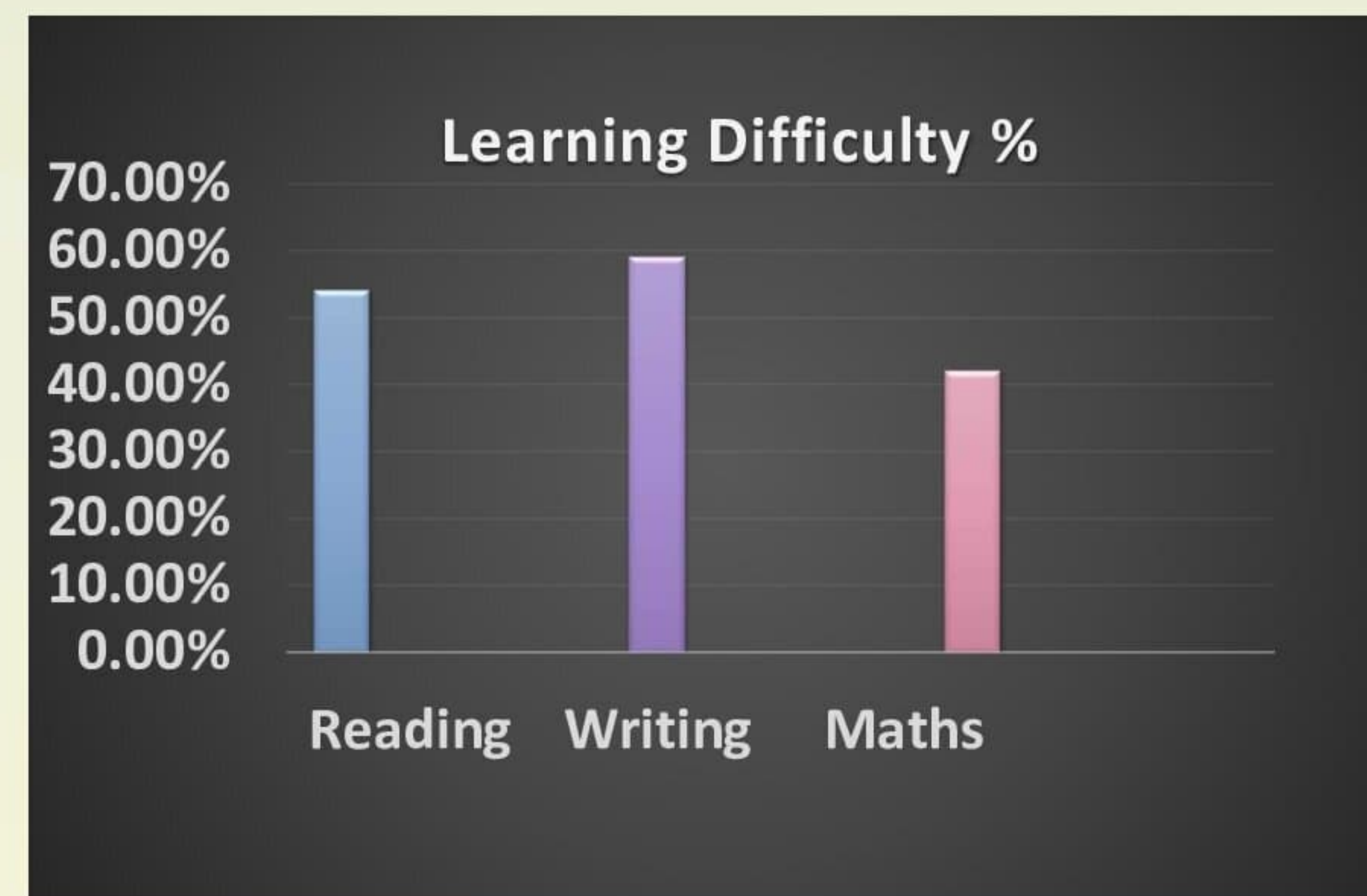


Figure 2- Learning difficulty in children diagnosed with ADHD

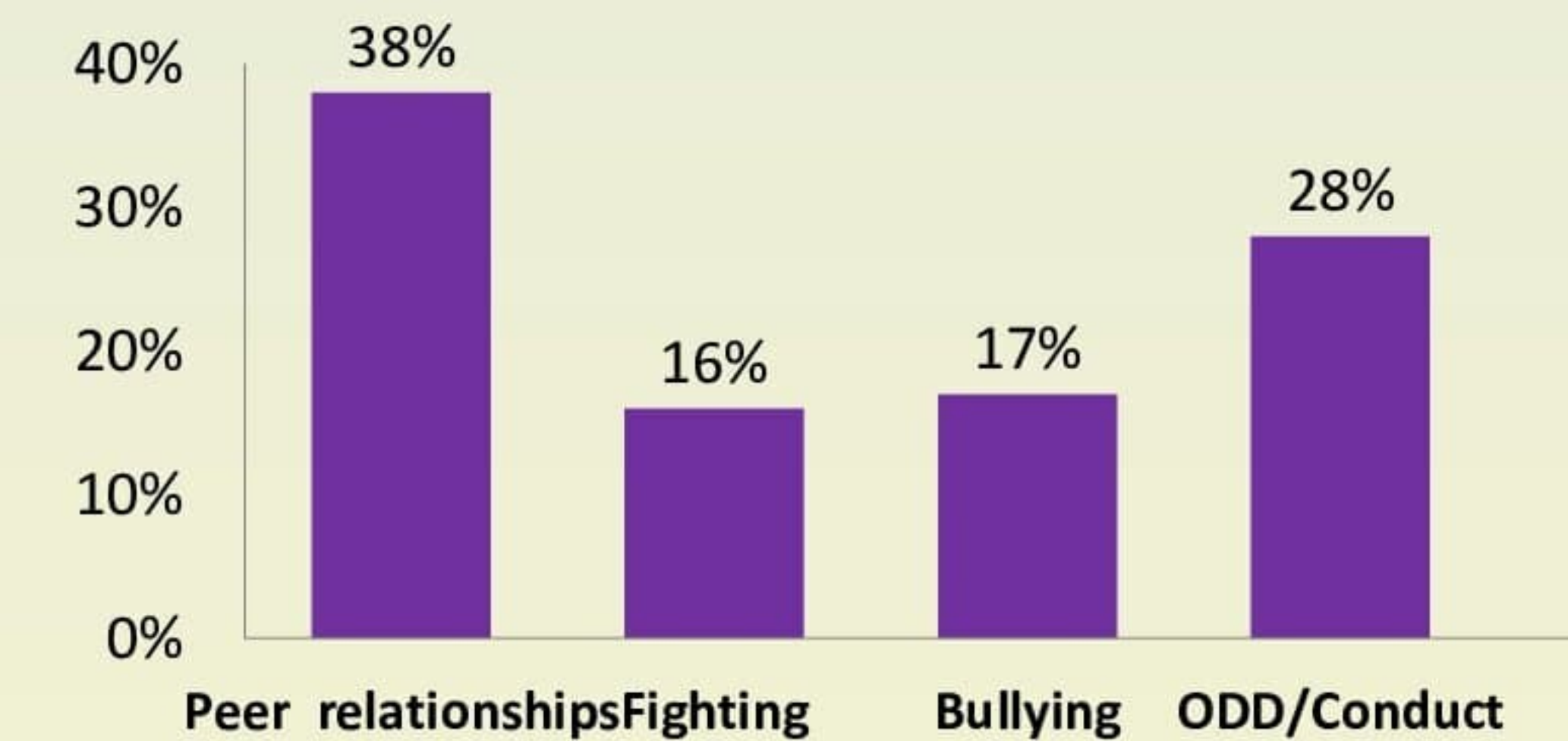


Figure 4- Teacher Vanderbilt feedback showing behavioural concerns

## TREATMENT

- 43% of patients were on Concerta (only drug available)
- Limited access to occupational therapy
- Cognitive Behavioural Therapy was accessible through the local Child Guidance Clinic
- Access to psych-educational assessments was limited

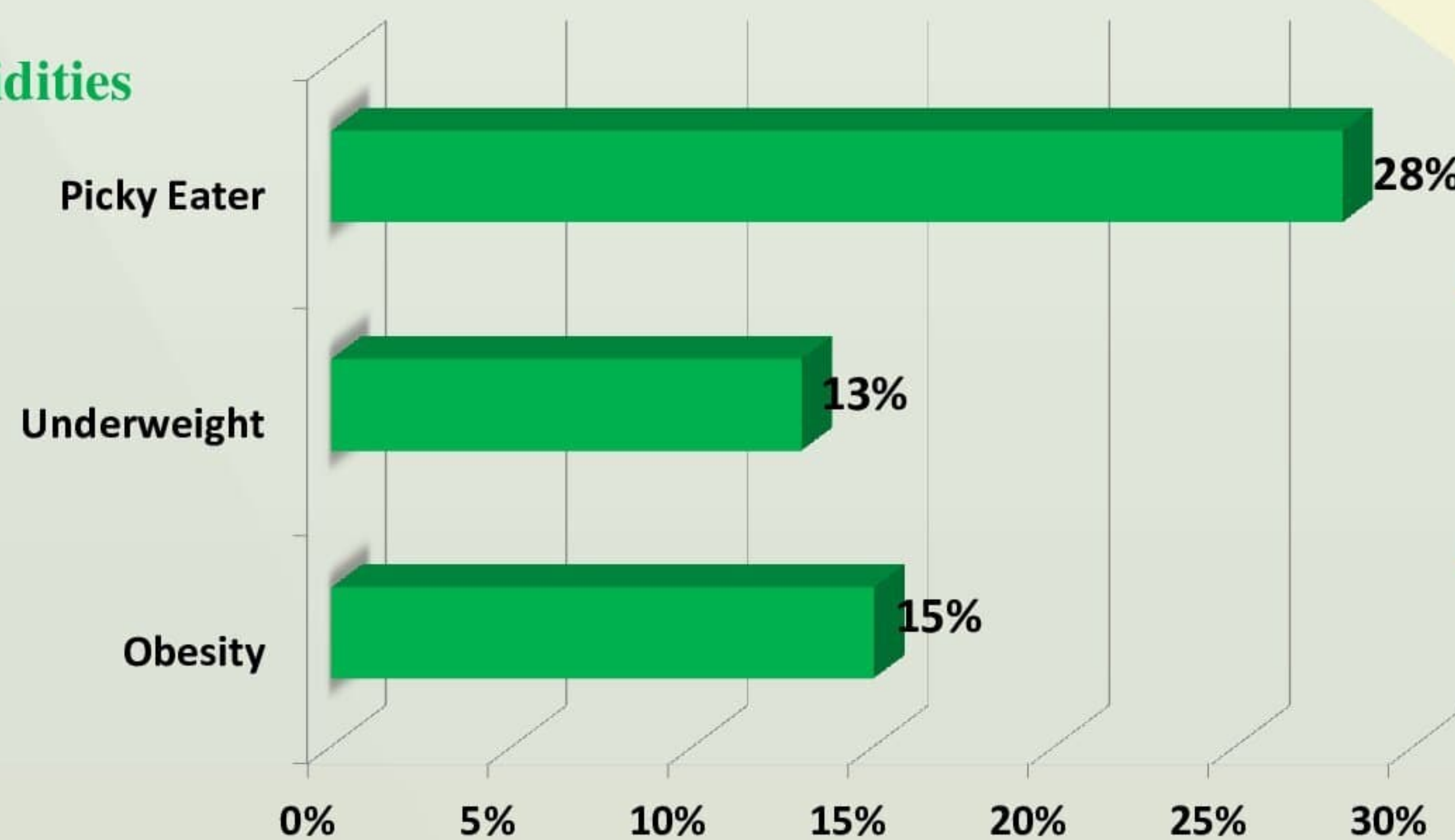


Figure 1- Growth and Nutrition in ADHD

- 50% of students were referred to the Student Support Services for additional support inclusive of a teacher's aide.
- Only 14.6% had received a teacher's aide at the time of the study

### Autism Spectrum Disorder

- 38% of ADHD kids had Autism spectrum Disorder
- 9% of ADHD kids had high functioning Autism Spectrum Disorder

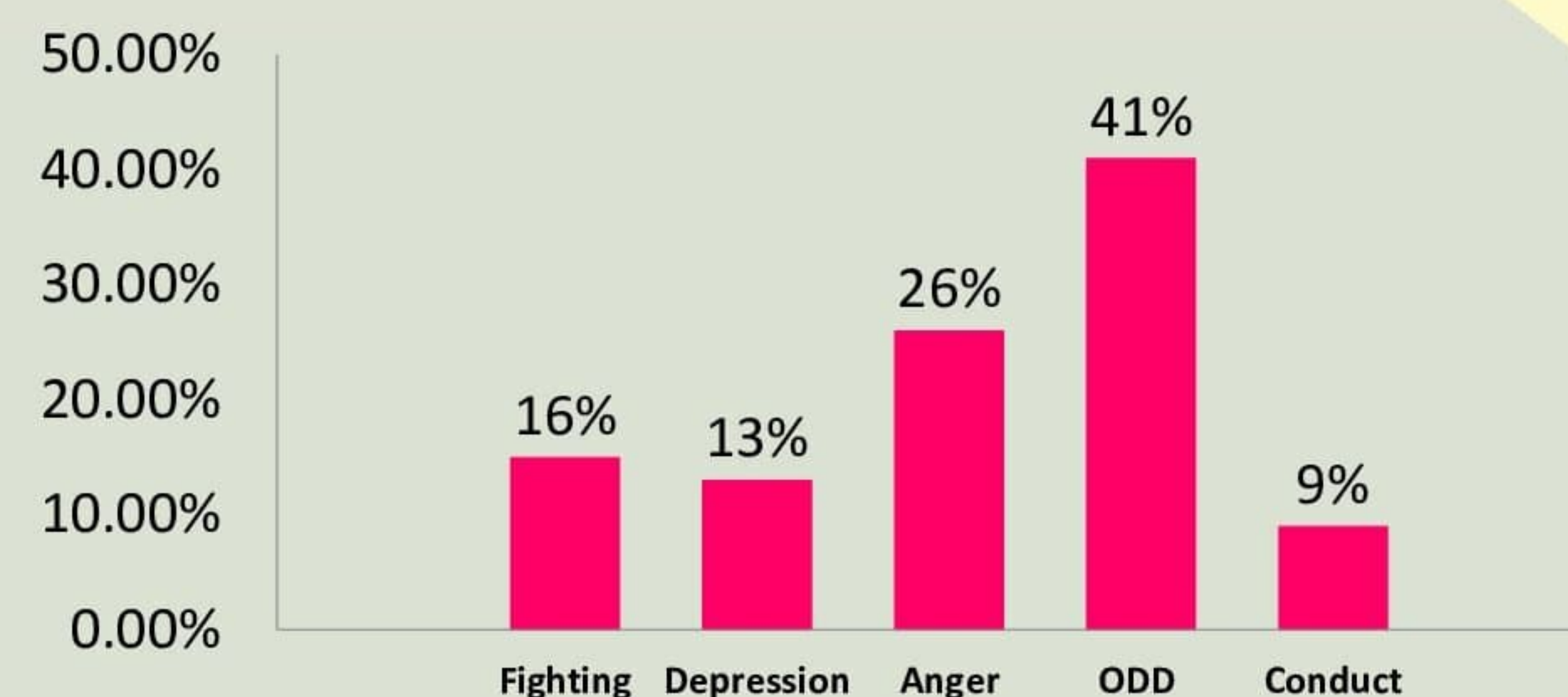


Figure 3- Parent Vanderbilt feedback showing behavioural concerns

## CONCLUSION AND RECOMMENDATIONS

- ADHD is likely to be underdiagnosed in our population.
- Data from this study indicates that the prevalence of factors influencing mental health morbidity is high
- There is urgent need for a Prevalence study
- There is need for a greater range of ADHD medications
- Multidisciplinary support services need to be bolstered to meet the mental health needs of children with ADHD

❖ I have no potential conflicts of interest to report.