

The complex journey of an ADHD diagnosis in adulthood for French nationals

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OBJECTIVES:

- ADHD is a neurodevelopmental disorder with a prevalence of 2.8% in adulthood.
- Its core symptoms appear during early childhood and can persist throughout the lifespan.
- These symptoms include difficulties regulating attention, activity level, and impulses.
- Knowing how an early diagnosis might prevent risk of school failure, antisocial behaviors and other psychiatric or psychosocial issues in adulthood, our survey aimed at a better understanding of the care pathway for the French nationals living with ADHD.

METHOD:

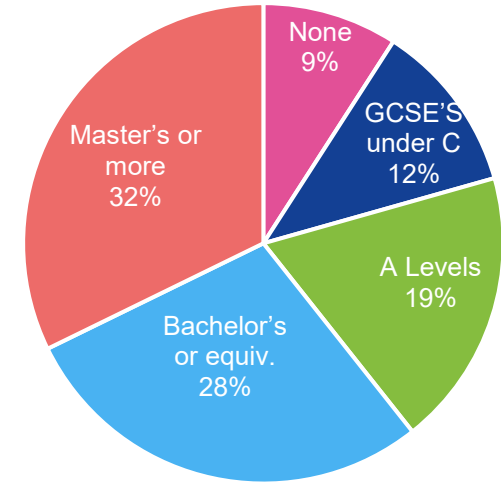
- We conducted a large-scale anonymous survey in two steps among the members of our organization.
- For the first round we obtained 515 complete ADHD questionnaires, while the second one consisted of 394 complete questionnaires regarding comorbidities.
- The online survey was conducted between May and September of 2020.
- The analyzed answers were the ones fitting both criteria of the ASRS and WURS scales, ie 450 questionnaires for the first step and 341 for the second. 87,4% of our survey population fit the ADHD criteria.

Results

- Sex ratio : 70% Female, 30% Male
- The average age of the survey respondents was 41,6 years old (yo)
- Unemployment :18%, vs 9% in General Population (GP)
- Difficulties related with ADHD were exposed on average at 21,3yo (50% before 18).

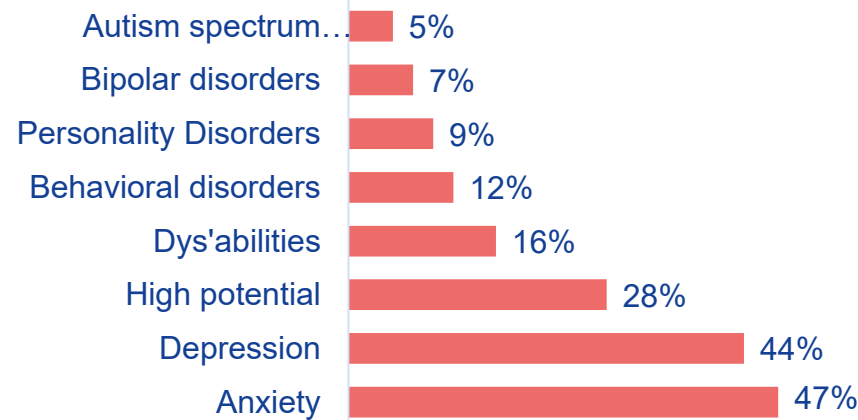
- 63% repeated at least one school year, vs 28% in GP
- 11% suffered permanent exclusion, vs 2,2% in GP
- Survey bias : higher level of education than in GP

Degrees and diplomas

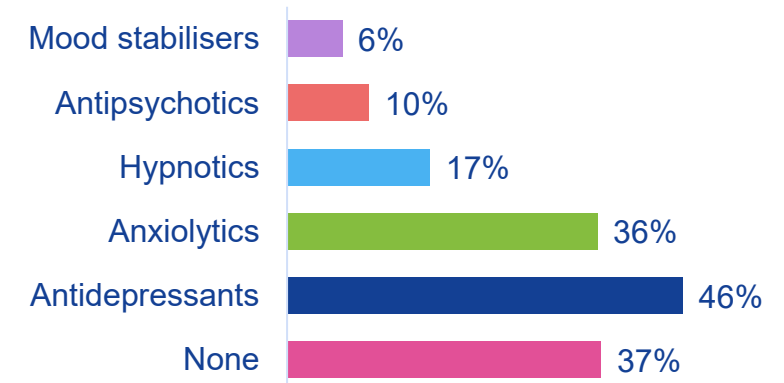


- First medical consultation : 31yo
- Average age for the diagnosis : 36yo
- Five years of wandering
- Those who got expelled and/or repeated classes got diagnoses much later than their peers (5y on av.)

Diagnosis prior to ADHD

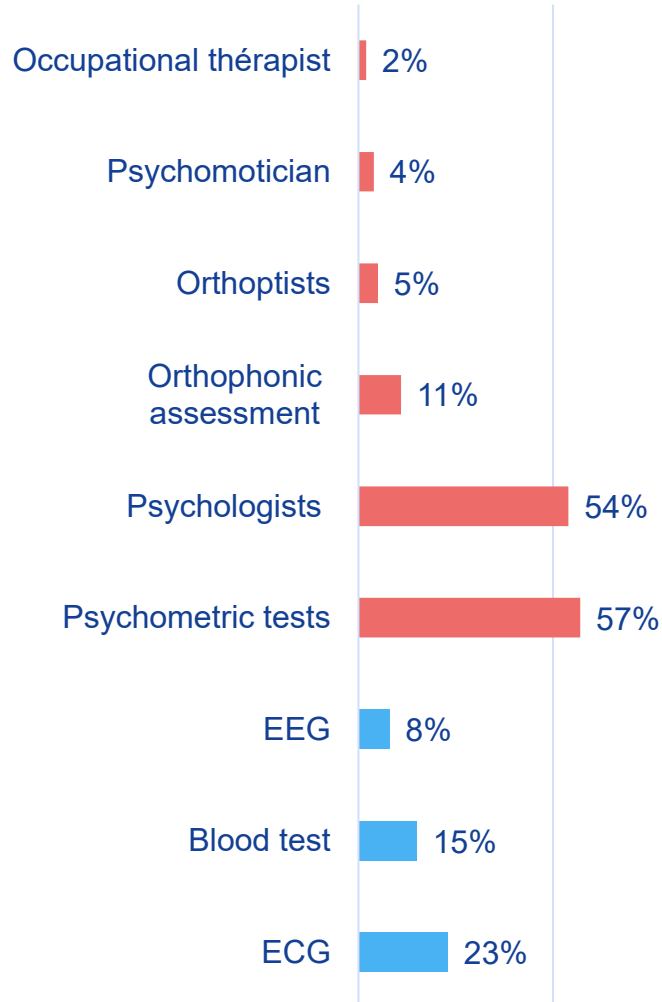


Drugs prescribed prior to ADHD diagnosis



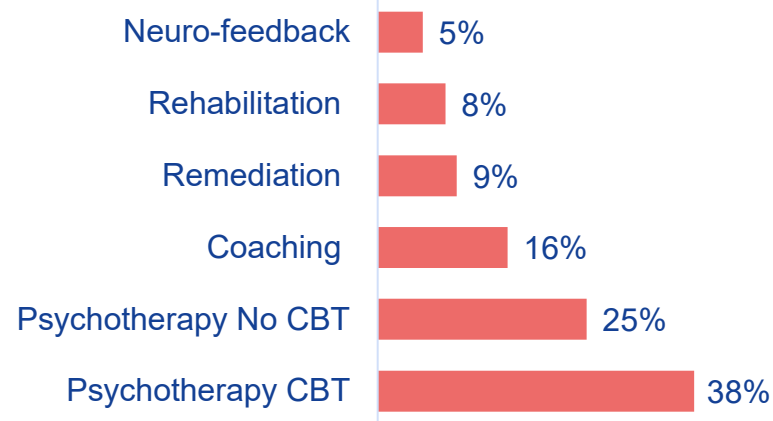
Results

Diagnostic Testing

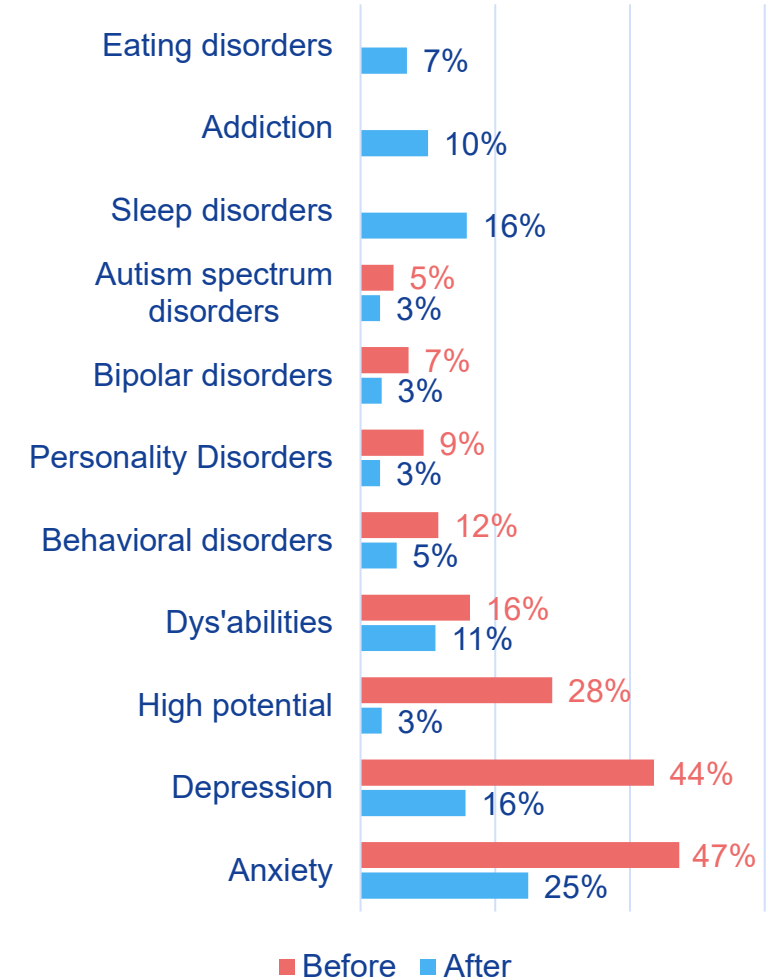


- The vast majority of diagnosis was pinpointed by psychiatrists
- After diagnosis, 50% of respondents were prescribed with Methylphenidate, 33% still to this day
- 33% are monitored by non-medical professionals (68% w/ psychologist)
- 27% are living today without any kind of monitoring nor medical treatment

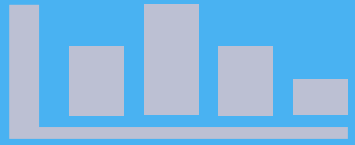
33% have non medical monitoring



Co-existing conditions before/after ADHD diagnosis



Conclusions



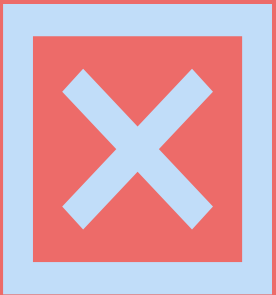
The data presented in this poster is a first extraction of an ongoing academic work and is thus expected to be consolidated in the near future.



While this population had access to information regarding ADHD, they still suffered a complex journey to diagnosis and care, which still remains difficult to achieve.

France must address the need for a better, quicker response for adults living with ADHD. It must be stated that only 9% of them benefited from a diagnosis during their childhood.

We're confident that an earlier diagnosis and a better access to care and monitoring will improve the general outcomes.



It appears that the main limitation to an easy access to diagnosis for adults living with ADHD in France resides in its Public psychiatry organization, and its refusal to acknowledge the existence of neurodevelopmental disorders.

Despite the existence of 345 Medico-psychologist Centers (CMP) across the country, only 5% of diagnosis reported in this survey were made through those CMP.

To this day, HyperSupers TDAH France remains committed to obtaining National Best Practice Guidelines in order to provide better access to diagnosis and care for adults living with ADHD.