

Adult ADHD Burden of Impairment Survey

According to a new nationwide survey of more than 1,000 adults with Attention Deficit Hyperactivity Disorder (ADHD), participants agree that having ADHD significantly impacts multiple areas of their lives including their ability to focus at work, their responsibilities at home and their relationships.

While challenges associated with ADHD in adults can be discouraging, many survey respondents reported using a variety of techniques, in addition to medication, to help manage their symptoms and better succeed at work, at home and in relationships. Key findings from the survey include:

Among employed participants, more than half (56 percent) said their ADHD strongly impacts their ability to succeed at work.

- Many adults with ADHD who are employed feel they have to work harder and/or longer than their co-workers to accomplish similar work.
- Half of those employed worry ADHD symptoms affect opportunities for promotions
- Three-quarters of respondents said they have trouble staying focused and on task at work.
- Others listed difficulties concentrating on what others are saying, wrapping up projects, following through on tasks, sitting still in meetings and organizing projects, as challenges in their work life.
- About half of the participants reported being terminated from a previous job; 60 percent of them believe their ADHD symptoms contributed to the circumstances leading to their dismissal.

Of the 33 percent of respondents who report having a child with ADHD, nearly half (49 percent) learned of their diagnosis because of their child's diagnosis.

- Many adults (46 percent) have struggled all their lives with unrecognized ADHD symptoms and were never diagnosed as children.
- 40 percent of respondents said their ADHD was originally diagnosed as another condition.
- Nearly two-thirds (64 percent) of parents of children with ADHD never considered having the condition prior to their child's diagnosis.
- More than half (57 percent) believe they have other family members who might have ADHD based on their behavior.
- After being diagnosed with ADHD, 46 percent of respondents reported being relieved or very relieved by their diagnosis.

Three-quarters (78 percent) of respondents who have taken medication for their ADHD report it being effective in helping manage their symptoms.

- Of those taking medication, four out of five (81 percent) report that not taking medication impacts their work or home performance negatively.
- Two-thirds of adults with ADHD report needing the most help managing their symptoms in the afternoon.
- People with ADHD do not want their medication to compromise other areas of their lives. Improving ADHD symptoms, work performance and home performance are all primary goals of their medication management plan.
- Fewer than half (43%) of adults taking medication for ADHD report experiencing side effects. Asked about the following side effects, respondents reported being most concerned about insomnia (61%), followed by anxiety and mood (57%), decreased appetite (35%) and blood pressure (34%).

While managing ADHD can be difficult, adults with ADHD reported utilizing a variety of techniques, in addition to medication, to help manage their symptoms.

- Symptoms that impact adults with ADHD the most include getting distracted easily, procrastinating, and difficulties staying focused, listening during conversations and staying organized.
- Four out of five have used visual reminders, such as post-it notes, to help manage their ADHD symptoms. Those in the survey also reported:
 - Listening to music (75 percent)
 - Using a planner or organizer (71 percent)
 - Exercising (69 percent)

More than 60 percent (62 percent) of people with ADHD have also been diagnosed with depression, anxiety and/or anxiety disorder⁵.

- Nearly half of adults (47 percent) with ADHD have not seen their healthcare professional regarding their condition in the last two years.
- Nearly one-third (33 percent) of adults with ADHD feel their symptoms are not under control and often feel like a failure.
- Nearly 60 percent of respondents reported being unhappy with their ability to handle stress. One-third get depressed thinking about how hard it is to deal with ADHD.
- Household responsibilities, family and personal relationships and work are three areas that adults with ADHD listed as needing the most help managing their symptoms. In fact, 65 percent and 57 percent of respondents said ADHD strongly impacts their responsibilities at home and their relationships, respectively.

Few see the public as informed about adult ADHD, and would like to heighten awareness about its origins in brain chemistry.

- Two-thirds (68 percent) of adults with ADHD wish that people understood having ADHD does not mean a person is less intelligent.

About this Survey

On behalf of McNeil Pediatrics™, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc, data for this survey were collected by the Harris Interactive Service Bureau on behalf of Richard Day Research (HISB). HISB was responsible for the data collected and RDR was responsible for all survey design, data analysis, and data reporting. Data were collected online between July 28 and August 8, 2008. The sample included 1,007 U.S. adults who have been diagnosed with ADHD.

World Health Organization (WHO) World Mental Health Survey

These findings correlate to a recent WHO report that ADHD is a relatively common condition among working adults and is associated with impairment and work performance. The WHO survey also found that only a small number of employed adults with ADHD are being treated for the condition, even though evidence shows treatment can be effective in improving ADHD symptoms.

About McNeil Pediatrics™

McNeil Pediatrics™, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc, is committed to meeting the needs of pediatric medicine through the development of therapies specifically formulated for children. McNeil Pediatrics™ markets a treatment for children, adolescents and adults with ADHD in the United States. McNeil Pediatrics™ continues to explore other new therapies to meet the needs of children and the pediatric community. *Visit www.mcneilpediatrics.net for more information.*