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To study the prevalence of adult ADHD and its significance in substance abuse patients

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Statement of the Problem: Attention-Deficit/Hyperactivity Disorder (ADHD) is a common childhood disorder, with an estimated worldwide incidence of 8%-12%, yet it is now known that ADHD often persists into adulthood. Adult ADHD often co-occurs with Substance Use Disorders (SUD) and is associated with early onset and more severe development of SUD such as polysubstance use. They present with greater psychiatric co morbidity, such as antisocial personality disorder, borderline personality disorder, anxiety disorders, bipolar disorders and/or post-traumatic stress disorders. Despite being in treatment more often, adults with ADHD-SUD co morbidity have more difficulties remaining abstinent and report a reduced quality of life with more professional, social and personal problems.

Methodology & Theoretical Orientation: To study the prevalence of Adult ADHD among Substance abuse patients and other psychiatric co morbidities in such patients. Study the patterns of sociodemographic profile of patients with SUD and comorbid adult ADHD. Written informed consent was taken from the participant subjects. Sample sizes were 100. All cases were assessed using semi-structured questionnaire for socio-demographic profile and substance use. A detailed history, physical and mental status examination was done. The Adult ADHD Self Report Scale (ASRS-VI.1).

Conclusion and Findings: Symptoms of ADHD were significantly associated with severity of addiction, onset of substance abuse, relapses, responding to therapy after treatment among substance abuse patients. Co morbid psychiatric illness among substance abuse patients was strongly associated with symptoms of ADHD. The prevalence of Adult ADHD in substance abuse was 22% and 4.0% in non-substance abuse subjects. Comorbidity of psychiatric disorders and problems is significantly high in those with substance use disorder. Adult ADHD in substance abuse appears to increase the relapse rate and increase the chances of mood fluctuations even in absence of affective disorders. Thus a routine screening for ADHD in substance abuse would better conceptualize the complex disorder. Thus research focusing on managing ADHD in substance use is the need of the day.

Biography

Dr. Roop Sidana is currently clinical director of Tekchand sidana memorial hospital and Prerna deaddiction and rehabilitation centre in Sriganganagar, Rajasthan, INDIA. He did his post-graduation in psychiatry from PGIMER Chandigarh in 1982. He has been the recipient of Dr. Gehlot award, Kota awards and Dr shivgautam oration awards in the past. He is currently serving as a member election commission IPS since 2016. He has been past president of IPS North Zone and IPS Rajasthan state. Currently he is a member advisory board of IAPP. Along with his vast clinical experience in private practice he also has great interest in academics. He has organized various conferences and CMES and also conducted workshop on rtms in India and Abroad. His major areas of interest are addiction psychiatry, psychosexual disorders, rtms. Along with this, he has also been a part of Nishkam foundation providing treatment to homeless persons with mental illness.

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