[Abstract:0279] ADHD
Self-image profile in children and adolescents with attention deficit hyperactivity disorder and the quality of life of their parents

Vahdet Gormez1, Fiona Forbes2

1Bezmialem University, Istanbul-Turkey
2The University of Edinburgh and Royal Edinburgh Hospital, Edinburgh-United Kingdom

e-mail address: vahdetgormez@gmail.com

Objective: We explored the impact of clinical response to treatment for Attention Deficit-Hyperactivity Disorder (ADHD) in children and adolescents on the subsequent changes in their self-image profile, the quality of life of their parents and its effect on socio-demographic variables.

Method: Conner's Rating Scales for Parents (CPRS-R) and for Teachers (CTRS-R) completed at the time of entry to the service were repeated to measure clinical response to treatment; the Self-Image Profiles for Children (SIP-C) and Adolescents (SIP-A), the World Health Organization Quality of Life (WHOQoL) questionnaire and postcode data were used to evaluate other domains.

Results: Data was collected for 53 boys (84%) and 10 girls (16%) with current mean age 11.5 years. Four-fifths (51/63) received pharmacological treatment and all parents were offered group parent training program. The only subscale in CPRS-R to show significance was the ADHD Index. The CTRS-R demonstrated statistically significant improvement (p<0.01) in most subscales. On the Self-Image Profile, children reported themselves as more kind (p<0.012), more helpful (p<0.038) and less bossy (p<0.047). Comparison of pre- and post-treatment scores on QoL revealed no significant changes; however, correlations of QoL responses against CPRS post-treatment revealed significant negative relationships in a number of instances. Parents living in less deprived areas felt their lives were more meaningful and less likely felt negatively about themselves (p=0.04, N=26, rho=0.405).

Conclusion: Multimodal treatment provided in a specialist ADHD clinic, where a wide range of clinical resources are readily available, can generate significant improvement in the core symptoms of ADHD and oppositional behavior. Such improvement was clearly reflected in the ratings by teachers (CTRS-R). Positive impact of treatment also seems to produce some positive changes in the self-image profile of children in treatment and the quality of life in their parents/careers. Future research aiming to further explore the relationship between children's self-image and the parental quality of life and the impact of treatment on the latter would be useful. As parents can be directly affected by the emotional and behavioral problems of their children, low quality of life in the parents might be an indicator of their own emotional difficulties. Further research exploring this area might lead to joint intervention between child and adolescent mental health services, primary care and adult mental health services.

Keywords: ADHD, quality of life, self-image profile

Bulletin of Clinical Psychopharmacology 2015;25(Suppl. 1):S84

[Abstract:0298] ADHD
An online survey of Turkish psychiatrists' attitudes and experiences regarding adult attention deficit hyperactivity disorder in clinical practice

Bengi Semerci, Gamze Ergil Altin

Bengi Semerci Institute, Istanbul-Turkey

e-mail address: gamzeergil@yahoo.com

Objective: Adult attention deficit hyperactivity disorder (ADHD) can be an extremely debilitating neurodevelopmental disorder that often persists beyond childhood, affecting 2.5-5% of adults in the general population. Aim of this study was to provide data about the presentation of adult ADHD in clinical practice in Turkey and about treatment strategies of Turkish adult psychiatrists in different hospital settings.

Method: A cross-sectional online survey to be filled out by Turkish adult psychiatrists was designed in May 2014. The survey was administered through the Turkish Psychiatry Association (PAT) mail group which covers over 90% of the Turkish adult psychiatry population. It included 10 questions focusing on treatment environment, patterns of patient applications, and treatment strategies.
**Results:** A total of 124 psychiatrists with a homogenous range of different treatment settings (public hospitals, university hospitals, private clinics etc.) completed the survey. Although most participants (53.6%) reported that they treated more than 20 patients in a day, most of them were following fewer than 10 adult ADHD patients in their clinics. Transition rate from child to adolescent psychiatrists were found to be very low (<10% as reported by 77.3% of participants). Media and the restraint by the social environment turned out to be effective factors for treatment application. There were significant differences of attitudes about the treatment of adult ADHD. Rating questions were asked to survey respondents to compare treatment strategies in order of frequency. 62.6% of the participants reported that they always prefer psychoeducation in addition to medication treatment, whereas only 9.59% of the participants reported that they always combine psychotherapy with medication in the treatment of adult ADHD. The most favored medical treatment was stimulants (31.9% reported as using it “always” and 57.4% reported as using it “frequently”). The other frequently preferred medications were antidepressants (56.6%) and non-stimulants (37.4%). Anxiety disorders have been reported as the most common comorbid disorder with adult ADHD (40.4%), followed by alcohol/substance abuse disorders (29.7%) and depression (15.9%).

**Conclusion:** The outcomes of this survey show that despite the presence of a rapidly expanding literature on diagnosis and treatment of ADHD in adulthood, there are still only few psychiatrists in Turkey working on adult ADHD. A very low percentage of patients who were diagnosed in childhood are being referred to adult psychiatrists and most of the psychiatrists do not describe themselves as competent enough to diagnose and treat adult ADHD. Psychoeducation seems to be a more widely embraced treatment choice than psychotherapy in daily clinical practice. Adult ADHD is still a clinical entity that has a lower degree of awareness even among psychiatrists compared to ADHD in childhood and adolescence. We suggest a more comprehensive and standardized training to improve the management of adult ADHD and also to develop the cooperation between child and adolescent psychiatrists and adult psychiatrists for the transition of patients.

**Keywords:** adult, attention deficit disorder with hyperactivity, cross-sectional studies

**Bibliography:**

**Bulletin of Clinical Psychopharmacology 2015;25(Suppl. 1):S84-S5**

**[Abstract:0320]**

**ADHD**

**Vitamin B12 levels and socioeconomic status in ADHD patients**

*Berna Polat, Veli Yıldırım, Fevziye Toros*

Department of Child and Adolescent Psychiatry, Mersin University, Faculty of Medicine, Mersin-Turkey

e-mail address: bernatalop@gmail.com

**Objective:** Attention-deficit/hyperactivity disorder (ADHD) is the most common neurodevelopmental disorder of childhood. Prevalence of ADHD varies from country to country. According to DSM-5, prevalence of ADHD is up to 13% in follow-up studies involved school-age children. Vitamin B12 deficiency is a medical condition which may be associated with many psychiatric disorders such as depression, schizophrenia, bipolar disorder and cognitive decline. Poor intake or malabsorption causes vitamin B12 deficiency. It is known that socioeconomic factors may influence dietary quality and vitamin intakes. In the present study, we planned to examine the association between socioeconomic status of ADHD patients and their vitamin B12 blood level.

**Methods:** Patients between the ages of 3 and 17 years who were first diagnosed with ADHD according to the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) criteria were approached for this study. Patients who were on vitamin B12 deficiency treatment were excluded from the study. All patients were divided into two groups: low and high socioeconomic status. The catchment area of Mersin State Hospital consists of low-income families. The low socioeconomic status group involved 350 patients who were chosen from Mersin State Hospital, while the high socioeconomic status group involved 253 patients from Mersin University Hospital. Cut-off points for the diagnosis of vitamin B12 deficiency were determined 187 pg/ml for Mersin State Hospital and 197 pg/ml for Mersin University Hospital. PASW v.18 program was used in the statistical analyses. Independent Samples t test was applied for comparing the groups in terms of continuous variables. Chi-square or Fisher’s Exact were applied for categorical variables.

**Results:** The sample consisted of 603 children and adolescents (412 boys, 191 girls) between 3 and 17 years of age (mean±SD=10.10±3.45 for the state hospital, mean±SD=9.89±3.30 for the university hospital). In this study, there were no differences in B12 blood levels by gender. In the high socioeconomic group, B12 blood levels were detected to be higher than in the low socioeconomic group. There were positive correlations between socioeconomic level and vitamin B12 blood level. Vitamin B12 deficiency in Mersin State Hospital (16.3%) was seen more common than at Mersin University (5.1%).

**Conclusion:** This report emphasizes the importance of assessment of vitamin B12 in ADHD patients. A study in general psychiatric inpatients reports the incidence of vitamin B12 deficiency to be 4–6%. Omega-3, vitamins and minerals have been linked to developmental outcomes including attention deficit hyperactivity disorder. Adolescents who have a borderline level of vitamin B12 can develop signs of cognitive changes. A combined vitamin, mineral, amino acid treatment may be effective in improving attention and self-control in ADHD patients. Between socioeconomically disadvantaged and non-disadvantaged children, there was a significant difference in vitamin B12 levels (p<0.05). Socioeconomic factors may influence dietary quality and vitamin intakes. In the present study, we planned to examine the association between socioeconomic status of ADHD patients and their vitamin B12 blood level.

**Keywords:** adult, attention deficit disorder with hyperactivity, cross-sectional studies