

P-274 - ATTENTION DEFICIT HYPERACTIVITY DISORDER IN ADULTS: WHAT IS THE APPROACH?

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Introduction: The Attention Deficit Hyperactivity Disorder (ADHD) has been regarded for years as a disorder of childhood and adolescence only, without being properly studied and deepened its implications in adulthood.

Objective: To determine the implications of cognitive, emotional and social aspects of ADHD throughout the life cycle and reflect on the continuity of the diagnosis and treatment of childhood and adulthood.

Methodology: Review based on scientific papers published in the last 10 years using "Attention Deficit Hyperactivity Disorder" and "adult" as keywords (MeSH).

Results: Epidemiological studies have shown that 50-80% of children who have ADHD remain the same difficulties in adulthood. The underdiagnosis of ADHD in adults is due to the mitigate of hyperactivity and impulsivity with the age. However, inattention continues to affect the adult presenting these difficulties academically or at work, as low frustration tolerance, sleep disturbances and higher levels of anxiety and depression than the general population. Other studies found that 20-40% of adults with ADHD have a history of substance abuse, especially illicit drugs and tobacco.

Conclusion: The ADHD causes significant and inadequate behavioral changes throughout life. Therefore, it is essential to a proper recognition and treatment of adults with ADHD as a good articulation between Child and Adolescent Psychiatry and Adult Psychiatry, in order to improve the prognosis and quality of life.