

# Therapeutic Trends

## Attention Deficit Hyperactivity Disorder

*Insight and Outlook from IMS Brogan*

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder that is most frequently diagnosed in childhood or adolescence. It is the most common mental health disorder seen in children. Symptoms can begin in infancy and sometimes continue into adulthood. The symptoms, which include hyperactivity, impulsivity and distractibility, can be severe enough as to have a negative impact on people's lives at home, school, work, and within their communities.<sup>1</sup>

The prevalence of ADHD in children in Canada is estimated at 3% to 7% while in adults it is estimated at 2% to 5%.<sup>2</sup> According to ADHD Canada, medication has shown to be the most effective treatment for ADHD patients. Medication does not cure ADHD but can reduce and

even sometimes eliminate symptoms. There are several products available on the Canadian market to treat ADHD, most of which have continued to increase in usage over the years (see Figure 1).

Usage can be more accurately evaluated by looking at the defined daily dosage (DDD) which is based on the World Health Organization's (WHO) recommended daily dose of medication for adults. The number of DDDs per 1000 population per day, by province has been calculated to evaluate which provinces have the highest vs. the lowest usage of ADHD medications. Figure 2 illustrates the provincial differences in DDDs per 1000 population per day. Nova Scotia has been leading the provinces in usage over the last few years with a 9.2 average over the

last five years of DDDs per 1000 population per day. However, in 2009, Quebec jumped to the top with 10.9 DDDs per 1000 population per day. British Columbia has consistently been the lowest over the five year period with an average of 4.9 – almost half the average of Nova Scotia. Although provincial DDDs vary, all provinces are increasing each year with the exception of Alberta. Alberta showed a slight decrease in 2006 from 2005 and did not increase again until 2008. **CPM**

#### References

1. Source: ADHD Canada.  
<http://www.adhdcanada.com/what.html>
2. Source: Mental Health.net  
<http://www.adhdcanada.com/what.html>

Figure 1: ADHD Estimated Total Prescriptions by Molecule – 2005 to 2009

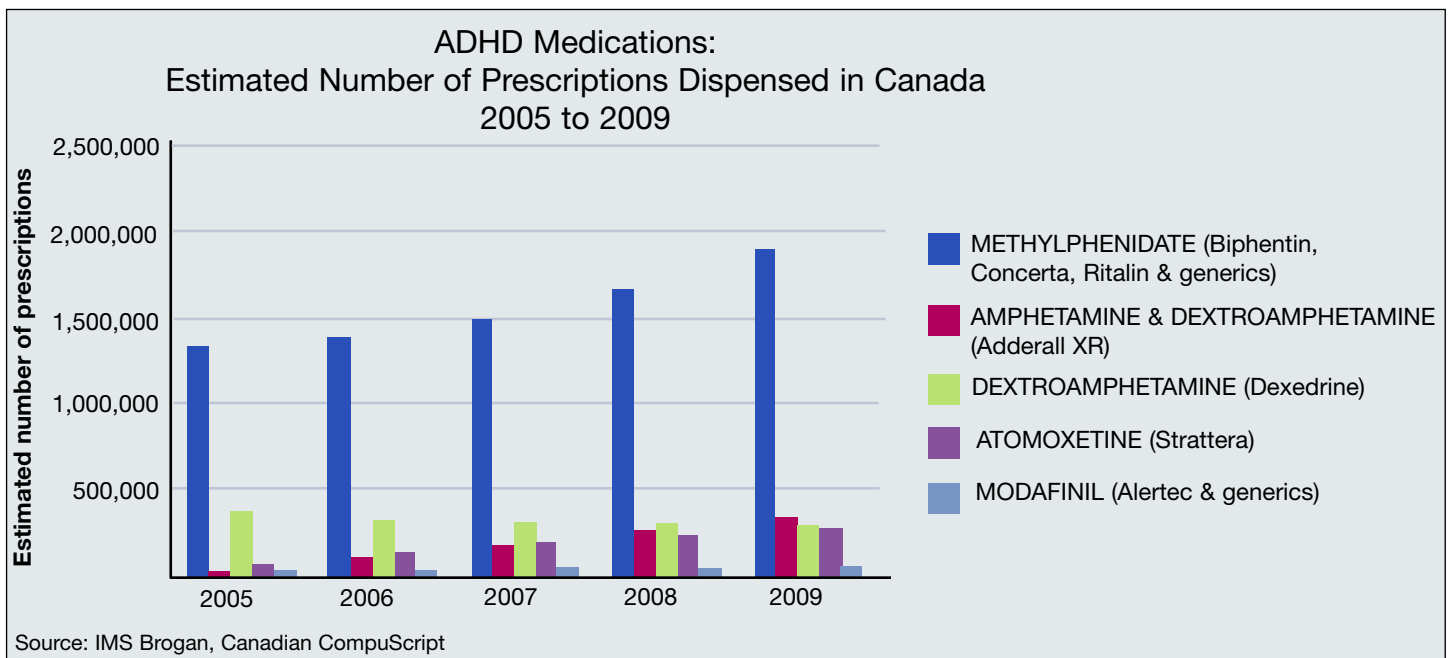
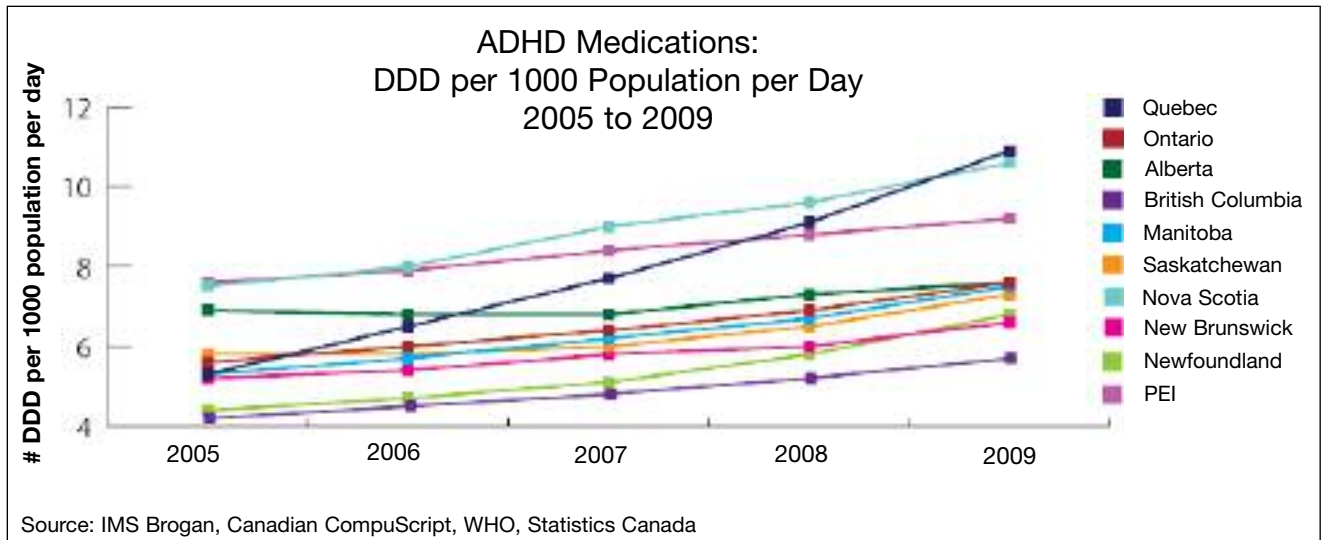


Figure 2: DDDs per 1000 Population per Day, by Province – 2005 to 2009



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