Attention-deficit/hyperactivity disorder among university students

MP Tavolacci; L Romo; L Kern; J Ladner

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Introduction
Attention-deficit/hyperactivity disorder (ADHD) is associated with greater substance use and misuse; however, there is a lack of research on others risky behaviours among university students with ADHD.

Methods
A cross-sectional study was conducted in two major college students’ campuses in France. The students filled in a questionnaire about their behaviors like smoking, alcohol consumption (AUDIT test and binge drinking), eating disorders, food addiction, gambling, internet addiction, online compulsive buying, and socioeconomic data. Hyperactivity was reported with the Adult ADHD Self Report Scale (ASRS) and retrospective diagnosis of childhood ADHD with the Wender Utah Rating Scale (WURS). Current ADHD was defined with both positive ASRS and WURS.

Results
A total of 1,517 students were included. The sex ratio (M:F) was of 0.46 with a mean age of 20.6 years. The prevalence of ADHD was of 5.6% 95%CI (4.4%-6.8%). 34.5% of students with ADHD have a cyber addiction, 40.0% an online compulsive buying and 14.1% a food addiction. University students with ADHD were a likely to repeat a grade (AOR=1.98 95% CI 1.19-3.30), to have lower academic level (AOR=2.57 95% CI 1.42-4.62) misuse of alcohol AOR 4.08 95% CI (1.26-4.86), cyber addiction (AOR=3.87 95%CI 2.14-7.01), online compulsive buying (AOR=3.38 95% CI2.02-5.65), and food addiction (AOR=2.27 95%CI (1.05-4.88).

Discussion
This suggests the need for consideration of alternative or co-occurring factors influencing symptom presentation and functional impairment. Specific facets of impulsivity could be important mediators of the association between ADHD and with non-substance-related addictions, and should be considered as potential targets interventions for this population.