Risk factors for adverse driving outcomes in Dutch adults with ADHD and controls.

Bron TI, Bijlenga D, Breuk M, Michielsen M, Beekman ATF, Kooij JJS.


Abstract

OBJECTIVE:
To identify risk factors for adverse driving outcomes and unsafe driving among adults with and without ADHD in a Dutch sample.

METHODS:
In this cross-sectional study, validated self-report questionnaires were used to compare driving history and current driving behavior between 330 adults diagnosed with ADHD and 330 controls.

RESULTS:
Adults with ADHD had significantly more adverse driving outcomes when compared to controls. Having an ADHD diagnosis significantly increased the odds for having had 3 or more vehicular crashes (OR = 2.72; p = .001). Driving frequency, male gender, age, high anxiety levels, high hostility levels, and alcohol use all significantly influenced the odds for unsafe driving behavior, for having had 12 or more traffic citations, and/or for having had 3 or more vehicular crashes.

CONCLUSIONS:
Alcohol use, and high levels of anxiety and hostility are highly prevalent among adults with ADHD, and they mediate the risk for negative driving outcomes in this group.