

# Managing Complexity: Exploring Decision Making on Medication by Young Adults with ADHD.

Druedahl LC, Kälve mark Sporrang S.

Pharmacy (Basel). 2018 Apr 19;6(2). pii: E33.  
doi: 10.3390/pharmacy6020033.

## Abstract

Attention-deficit hyperactivity disorder (ADHD) causes difficulties with hyperactivity, impulsivity and inattention. Treatment of ADHD includes both medication and non-pharmacological options. Knowledge of treatment preferences by young adults with ADHD is sparse. The objective of this study was to explore the beliefs and experiences of young adults with ADHD related to their medication treatment decisions. Data were collected in Denmark in 2016 through a focus group and individual in-depth interviews. Conventional content analysis was used. Ten young adults with ADHD (22-to 29-year-old) participated. Three major themes were identified: (1) the patient's right to choose concerning ADHD medicine; (2) the patient's decision of whether or not to treat ADHD with medication; and (3) factors affecting the patient's decision on whether to take ADHD medication or not. The latter theme contained 15 factors, which were distributed across three levels: individual, between-individuals, and societal. The dominant factors were increasing quality of life and improving oneself e.g., improving social skills. For counselling at the pharmacy and by prescribers, it is important to be aware of the different factors that affect young adult patients' decisions on whether to take ADHD medication or not. This knowledge will aid to understand reasons for non-adherence and to determine appropriate treatment for the individual patient.