

# ADHD as a risk factor for obesity. Current state of research

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## Abstract

Obesity is now a major health concern in both children and adults. According to research from the past 15 years, one of the factors that increase the risk of obesity may be attention deficit hyperactivity disorder (ADHD). Not all the studies, however, provide unambiguous results. This literature review aims to systematize the results of previous studies on the risk of obesity in people with ADHD. It included articles addressing the issue of relationship between ADHD and obesity published in the years 2004–2016. Finally, 31 surveys fulfilling the selection criteria were qualified for the review. Analysis of the available sources leads to the conclusion that ADHD is a significant risk factor for obesity, which is especially visible in the adult population. Of the disorders associated with ADHD, the greatest modulating impact on the relationship between obesity and ADHD had oppositional defiant disorder, conduct disorder and emotional overeating. Pharmacological treatment, comorbid conditions, but also age and sex must remain important factors controlled in subsequent studies. Future research should focus on more systematic testing of hypotheses explaining the comorbidity of ADHD and obesity.