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Background:

The separate diagnosis of Attention Deficit / Hyperactivity Disorder in adult patients (AADHD) is rare, while psychiatric co-morbidities are very frequent. In recent years, the often investigated co-morbidity, particularly in female patients, is eating disorders (ED). We summarize our data on the occurrence of AADHD and therapeutic possibilities in our conditions, based on the analysis of existing research literature, our research results and our first experience with a support program for these patients.

Methods:

From June 2011 we have been carrying out an ongoing study of co-morbid AADHD in patients with ED, following an international study INTACT (EU Marie Curie Research Training Network). By October 2013, 93 patients were enrolled in the study (90 women and 3 men). All of them met ICD-10 criteria for ED. The average age was 25.4. The patients stated that they suffer from ED in the time period from 4 months to 27 years. None of the patients was previously diagnosed with ADHD.

Results:

We are presenting preliminary results obtained by the use of Barkley Adult ADHD Rating Scale- IV. 9 patients (9.7 %) from our sample were detected as being likely to have co-morbid ADHD. For detected patients, whose suspected diagnose of AADHD will be confirm by diagnostic interview and Integrated Visual and Auditory test, we can offer specialized treatment program (including support group sessions, cognitive remediation and CBT). This program is now being tested for its efficacy on a pilot group of AADHD patients (N=8).

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