

P-1361 - SLEEP DISTURBANCE AND ATTENTION DEFICIT/HYPERACTIVITY SYMPTOMS

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Introduction: Insomnia as a disorder is rather common in general population. By definition, it causes distress and impairment in several areas, such as attention. Insomnia can present itself as an isolated condition or as a co-morbid phenomenon of various somatic and neuropsychiatric disorders; an example is adult attention-deficit/hyperactivity disorder (ADHD), characterized by the triad of inattention, hyperactivity and impulsivity.

Objectives: To identify individuals likely to suffer from chronic insomnia and/or adult ADHD, as well as to measure the impairment caused by these conditions.

Aims: To assess whether young adults complaining of insomnia are undiagnosed patients suffering from ADHD.

Methods: Adults recruited from the general community and students from two Romanian universities were invited to fill in a battery of scales consisting in the Romanian translations of the Sleep Disorders Questionnaire, Sleep Condition Indicator, Adult ADHD Self-Report Scale and Barkley Adult ADHD Rating Scale.

Results: To date, three hundred twenty five participants enlisted: 208 young adults, aged 23 ± 3 (78% women) and 117 older adults aged 44 ± 11 (73% women). Chronic insomnia was suspected in 5% of the young adults and 15% of the older ones (9% overall). Adult ADHD was likely in 19% of the younger participants and in 9% of the older ones (16% overall). Half of the young likely to suffer from chronic insomnia were likely to suffer from ADHD, too, compared to only 12% of the older ($p=0.03$).

Conclusions: Young adults suspected of chronic insomnia were significantly more likely to suffer from adult ADHD, too.