Abstract

Adult attention-deficit/hyperactivity disorder (ADHD) can be associated with reduced work productivity and activity impairment (WPAI-GH) among US adults currently taking an oral stimulant medication for ADHD. This study assessed whether variations in medication adherence were associated with work productivity and activity impairment among adults with ADHD. Participants were recruited from the US National Health and Wellness Survey (NHWS; n=602) and completed an online survey assessing WPAI-GH, medication adherence, and sociodemographic and health characteristics. Medication adherence was dichotomized as high or low based on the Adult ADHD Medication Adherence Rating Scale (MAR-Scale), which assesses reasons for missed or late taking of oral stimulant medications. Medication adherence was significantly lower in the low/medium adherence (LMA) group (n=249) compared with the high adherence (HA) group (n=353). The HA group had significantly lower WPAI-GH Productivity Loss and Activity Impairment-Total scores compared with the LMA group (P<0.05). Among respondents in the HA group, the most frequently reported reason for nonadherence was medication side effects (MAR-Score ≥1). This study shows that medication adherence is associated with reduced work productivity and activity impairment among adults with ADHD.

Introduction

ADHD is a neurodevelopmental disorder that affects individuals of all ages, the etiology and pathogenesis of which are currently unknown. 1

In adults with ADHD, work productivity and activity impairment have been associated with many conditions, including ADHD, diabetes, depression, and substance abuse. 2-5

The treatment of adult ADHD with a stimulant medication has been shown to improve productivity while reducing side effects. 6-8

Adherence to oral stimulant medications is of critical importance to ensure optimal treatment outcomes. 9

Methods

Study Design and Procedures

Participants were recruited from the US National Health and Wellness Survey (NHWS; n=602) and completed an online survey assessing WPAI-GH, medication adherence, and sociodemographic and health characteristics. Medication adherence was dichotomized as high or low based on the Adult ADHD Medication Adherence Rating Scale (MAR-Scale), which assesses reasons for missed or late taking of oral stimulant medications. Medication adherence was significantly lower in the low/medium adherence (LMA) group (n=249) compared with the high adherence (HA) group (n=353). The HA group had significantly lower WPAI-GH Productivity Loss and Activity Impairment-Total scores compared with the LMA group (P<0.05). Among respondents in the HA group, the most frequently reported reason for nonadherence was medication side effects (MAR-Score ≥1). This study shows that medication adherence is associated with reduced work productivity and activity impairment among adults with ADHD.

Results

Respondent Sociodemographics

In the current analyses, respondents were dichotomized into high (MA=1) and low/medium adherence (LMA=0) on the basis of the Adult ADHD Medication Adherence Rating Scale (MAR-Scale), which assesses reasons for missed or late taking of oral stimulant medications. Medication adherence was significantly lower in the low/medium adherence (LMA) group (n=249) compared with the high adherence (HA) group (n=353). The HA group had significantly lower WPAI-GH Productivity Loss and Activity Impairment-Total scores compared with the LMA group (P<0.05). Among respondents in the HA group, the most frequently reported reason for nonadherence was medication side effects (MAR-Score ≥1). This study shows that medication adherence is associated with reduced work productivity and activity impairment among adults with ADHD.

Data Presentation and Analysis

For the current analyses, respondents were dichotomized into high (MA=1) and low/medium adherence (LMA=0) on the basis of the Adult ADHD Medication Adherence Rating Scale (MAR-Scale), which assesses reasons for missed or late taking of oral stimulant medications. The HA group had significantly lower WPAI-GH Productivity Loss and Activity Impairment-Total scores compared with the LMA group (P<0.05). Among respondents in the HA group, the most frequently reported reason for nonadherence was medication side effects (MAR-Score ≥1). This study shows that medication adherence is associated with reduced work productivity and activity impairment among adults with ADHD.

Disclosures

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