

Analytical report on the survey among patients diagnosed with ADHD

NGO "Adults with ADHD"

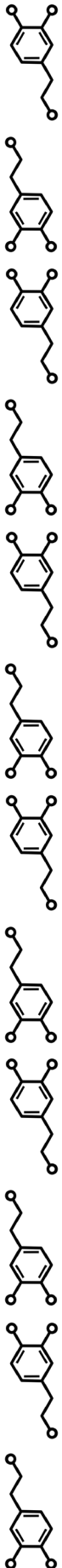
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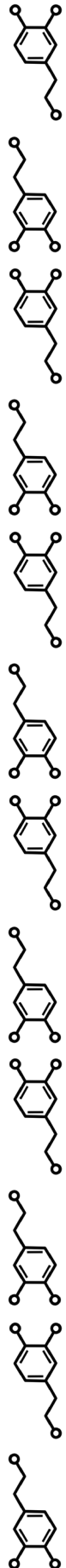
The NGO Adults with ADHD is an association of individuals concerned with issues related to Attention Deficit Hyperactivity Disorder (ADHD) in Ukraine. The NGO's goal is to ensure the recognition and effective treatment of ADHD in adults in Ukraine, as well as to enable adults with ADHD to discover and realize their potential. The report assesses the status of children and adults with ADHD, the types of treatments and strategies used, and their effectiveness in shaping the business offer.

In our business proposal, we highlight the most pressing healthcare needs based on an in-depth analysis of the medical histories provided by respondents. The data collected reveals a comprehensive list of problems faced by patients—from diagnosing mental disorders to accessing effective medicines. These personal accounts illustrate the difficulties encountered by patients in navigating the healthcare system and accessing appropriate treatment and support.

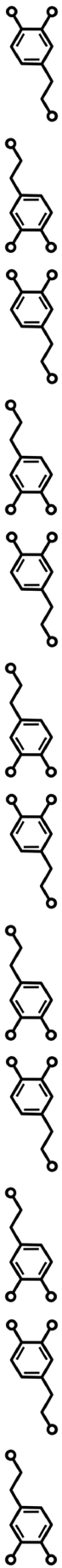
This business proposal aims to highlight the importance of access to quality medical care, diagnostics, and effective medicines, and to emphasise the need for a patient-centred approach to treatment. We believe that your company is well-placed to play a key role in addressing these challenges by offering innovative medical solutions that can significantly improve the quality of life for patients in Ukraine.



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Methodology for Conducting the Survey and Processing the Results

Questionnaire development: The questionnaire was developed by a joint research team that included representatives of all categories of potential respondents to ensure that the questions were clear and relevant to the target audience. The team identified key topics and questions to be included in the questionnaire to collect the necessary data for the report. This collaborative approach ensured that clear and relevant questions were developed that took into account different perspectives and experiences.

Target audience and distribution: The sampling was non-randomized, with an emphasis on achieving wide coverage among target groups. The questionnaire was distributed to specialized communities related to mental health and neurodiversity through platforms such as specialized forums and social media groups. The questionnaire was distributed through social media (Twitter, Instagram, TikTok) using targeted algorithms to maximize reach.

Data collection: The responses were collected anonymously through an online platform (Google Forms), ensuring the confidentiality of participants. Clear criteria for inclusion and exclusion of respondents were established to ensure that the data collected met the objectives of the study. A clear period of data collection was defined, during which respondents could fill out the questionnaire.

Data analysis: Once the data was collected, a detailed analysis of the responses was conducted using statistical methods to identify key trends and generalizations. A variety of analytical tools were used to identify key findings and insights.

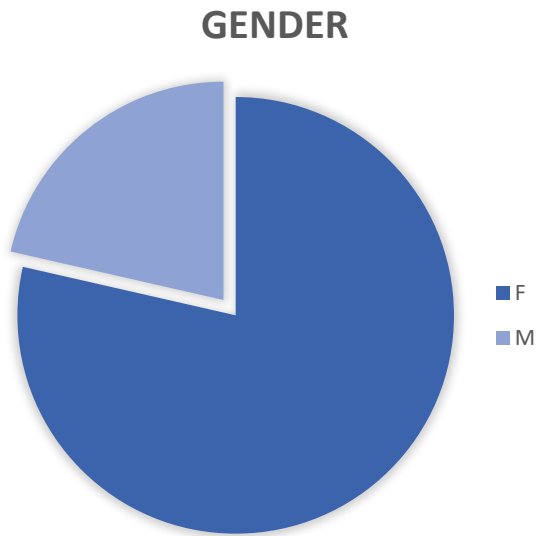
Data quality checks: We checked the completeness and consistency of responses and analyzed potential outliers or anomalies in the data to ensure its reliability and validity.

This methodology provides in-depth and comprehensive data analysis, allowing for important insights and recommendations based on the information collected.

Analysis of Demographic Data of the Study Participants

The analysis of the demographic data of the respondents outlines a cross-section of the society interested in ADHD issues.

Gender

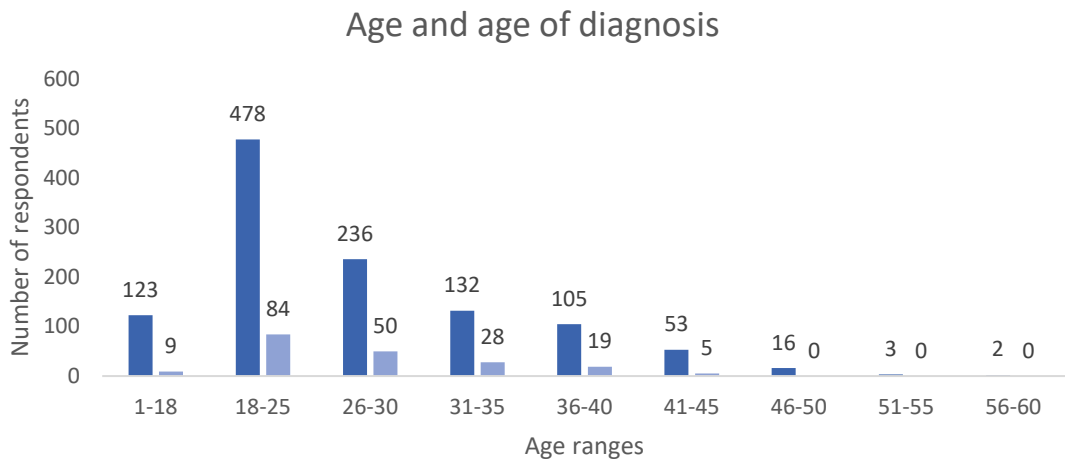


Among the 1157 people surveyed, the vast majority, 909 respondents, are women.

There are significantly fewer men among the respondents - 248.

This disparity may indicate a higher level of awareness or involvement of women in ADHD research and treatment, or a greater willingness of women to share their experiences through surveys.

Age Groups



The most represented age group in the survey is people aged 18 to 25, with 478 people.

The next largest age group is 26-30 years old, with 236 respondents.

The group of 31-35 year olds includes 132 people.

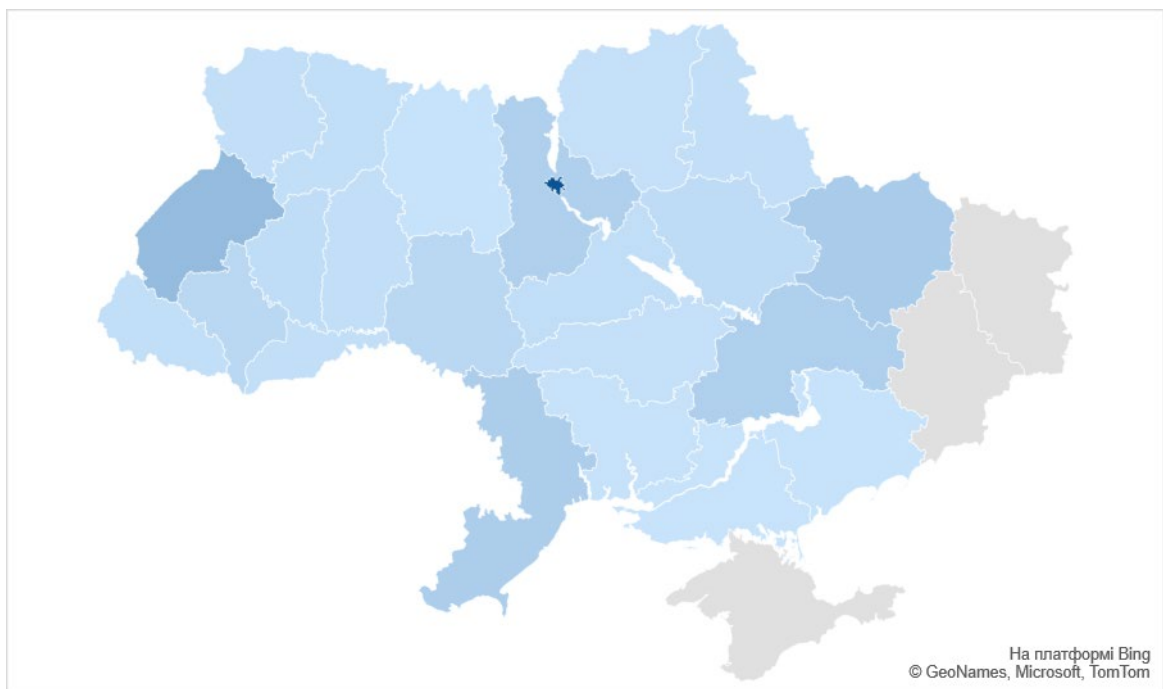
The age groups 36-40 and 41-45 are represented by 105 and 53 respondents, respectively.

The number of respondents decreases with increasing age: from 16 people in the 46-50 age group to only 2 people in the 56-60 age group.

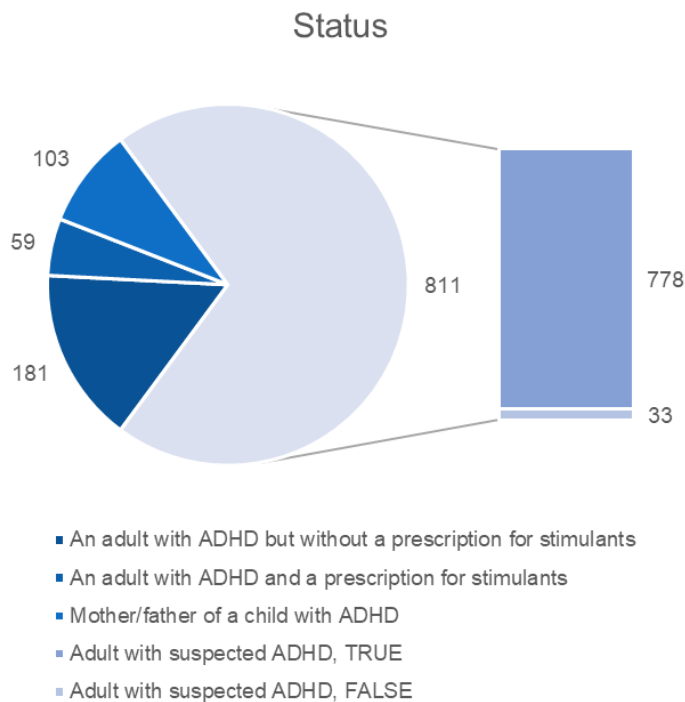
These age distributions may reflect greater engagement of younger individuals in ADHD-related issues, perhaps due to greater awareness or access to resources to participate in surveys. It may also indicate a higher prevalence of ADHD diagnosis in young people or a higher interest in new forms of treatment and approaches to symptom management among this age group

Territorial distribution of respondents

The majority of respondents live in Kyiv (446), Lviv (123), and Kharkiv (66) regions. The level of participation in the survey varies from region to region. 110 respondents live outside of Ukraine.



Status of Respondents



The survey involved 4 categories of respondents:

- An adult with ADHD but without a prescription for stimulants
- An adult with ADHD and a prescription for stimulants
- Mother/father of a child with ADHD
- An adult with suspected ADHD

Adults with suspected ADHD were asked to fill out the ASRS-v1.1 self-

diagnostic questionnaire to test their suspicions of ADHD.

Several important conclusions can be drawn from the data.

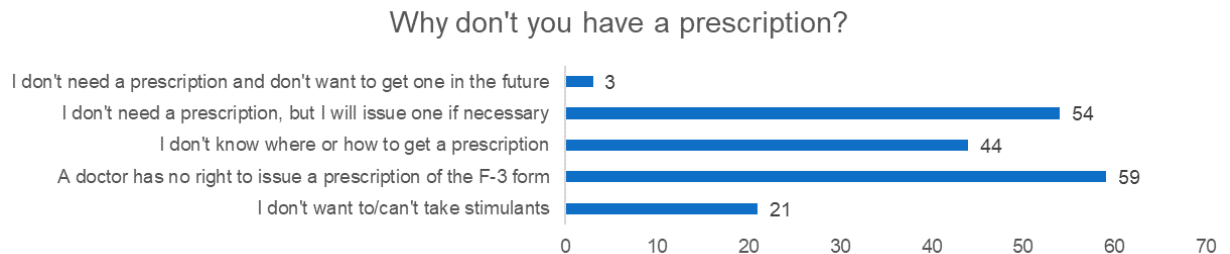
First, among adults who suspect they have ADHD, a significant majority confirmed their suspicions with the ASRS-v1.1 self-diagnostic: 778 out of 811 respondents, which is approximately 96% of this group. This may indicate a high level of awareness of ADHD symptoms and/or the high accuracy of the self-diagnostic tool.

Secondly, the number of adults diagnosed with ADHD who do not have a prescription for stimulants is three times higher than the number of those who do (181 vs. 59). Below, we have analyzed the main reasons for not having a prescription, the need for and willingness to use medications.

It is also worth paying attention to the 103 mothers or fathers of children with ADHD who participated in the survey. This group can be a target audience for educational and support programs.

Reasons for the Absence of Prescriptions in Adults

By analyzing these reasons why adults with ADHD do not have a prescription for stimulants, we can understand the different barriers and beliefs that exist for this group of respondents.



Don't want/can't take stimulants (21 respondents): this group may have personal preferences, medical contraindications, or other limitations that prevent them from taking stimulants. This indicates a need for other treatment methods.

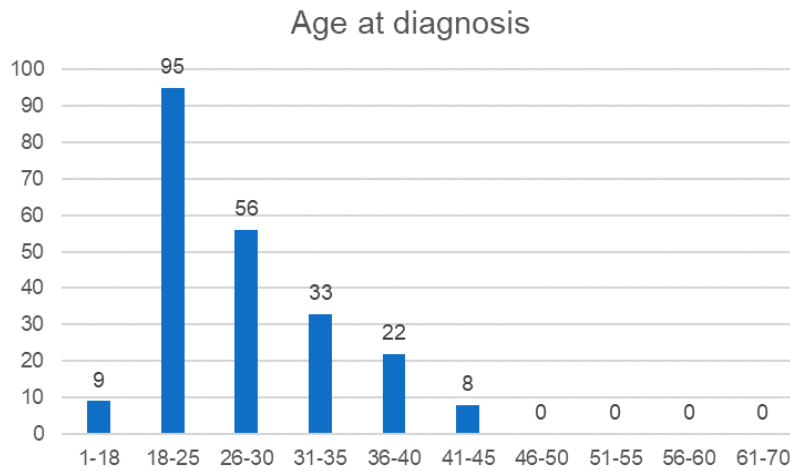
A doctor is not authorized to write a prescription of the F-3 form (59 respondents): this indicates systemic problems in healthcare, in particular, limited access to qualified doctors who can write the necessary prescriptions.

I don't know where and how to get a prescription (44 respondents): The information barrier is significant, and solutions to this problem may include educational campaigns and improved communication between patients and healthcare facilities.

I don't need a prescription, but will get one if necessary (54 respondents): This group may not experience enough discomfort or have mild ADHD symptoms that do not require constant treatment, but they are open to future use of medications if the situation changes.

I don't need a prescription and don't want to get one in the future (3 respondents): This is the smallest group, indicating a strong belief against the use of medication. This may be due to personal beliefs, other treatment methods, or low level of symptoms that do not significantly affect quality of life.

Age of diagnosis



Based on the data, the majority of adult ADHD diagnoses were made between the ages of 18 and 30, with a peak in the 18-25 age group, where the number of diagnoses was 95. This may indicate that for

many people, ADHD symptoms become more noticeable or affect their lives more at a younger age, perhaps due to the transition to higher education or the start of a career that requires more organization and self-control.

The 26-30 and 31-35 age groups also have a significant number of diagnoses (56 and 33, respectively), which may indicate that some individuals may not be aware of their ADHD symptoms or may not seek medical attention until symptoms begin to seriously impact their professional or personal lives.

In the 36-40 age group, the number of diagnoses decreases to 22, and further decreases in the 41-45 age group, where there are only 8 diagnoses. The lack of diagnoses in the 46 to 70 age groups may be due to less awareness of ADHD in older age groups, or that people in these age groups may be less likely to seek diagnosis due to stigma or the assumption that the symptoms they experience are a normal part of aging.

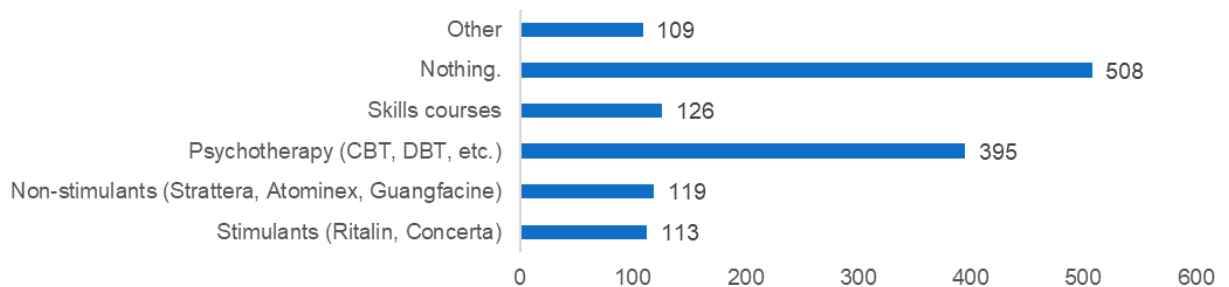
Data shows that most of the potential market is concentrated among young adults and middle-aged people.

Evaluation of ADHD Treatment Methods and Their Effectiveness

The following is an analysis of the types of treatments used by people with ADHD, as well as an assessment of the subjective effectiveness of these methods and their impact on the quality of life of the respondents.

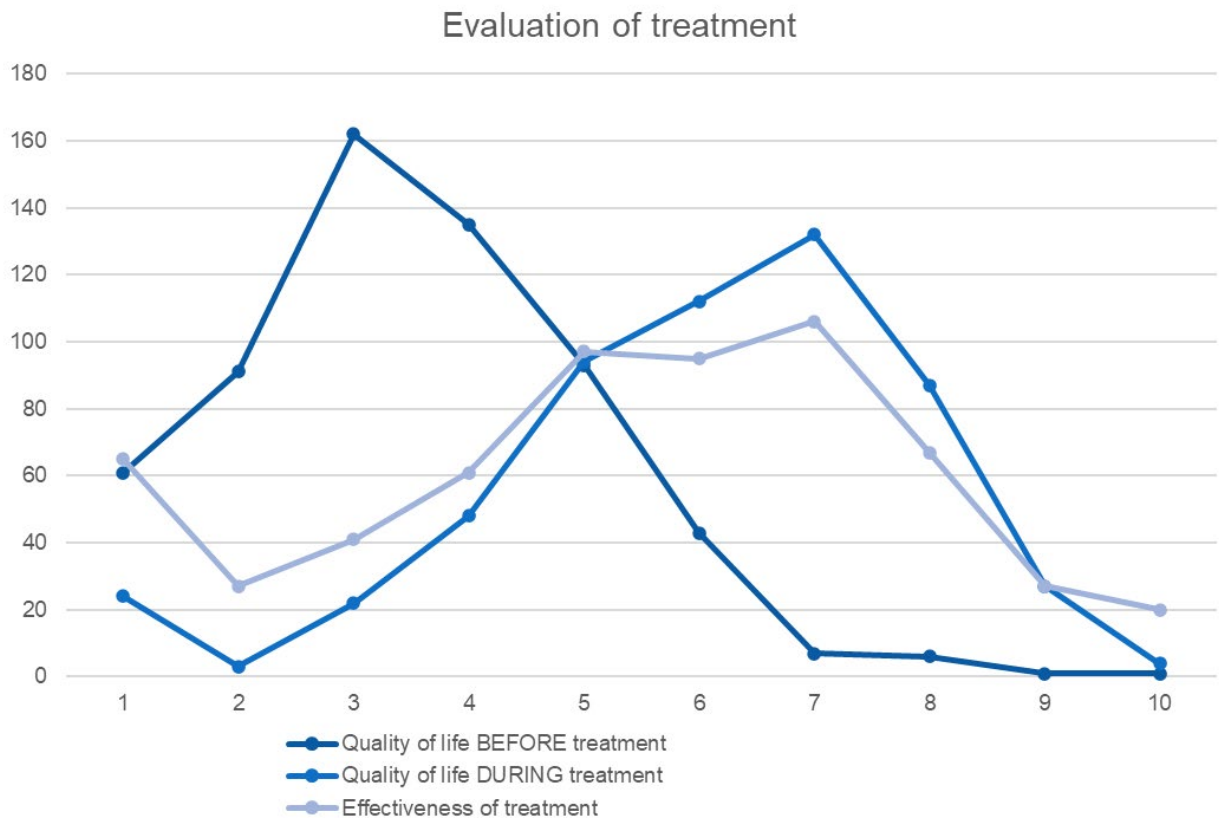
Methods of treatment

Methods for the management of ADHD



The data show that psychotherapy (CBT, DBT, and other types) is the most commonly used treatment among the respondents, with 395 people using it. Medication methods such as stimulants (Ritalin, Concerta) and non-stimulants (Strattera, Atomoxetine, Guanfacine) are used equally (119 and 113 respectively). Skills courses are used by 126 respondents. At the same time, a significant number of respondents (508) do not use any of these treatments, which may indicate a lack of need or access to treatment.

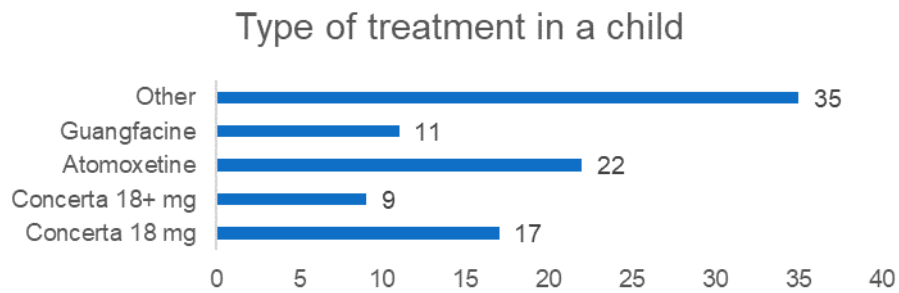
Quality of life and effectiveness of treatment



The subjective assessment of quality of life showed a marked improvement during treatment compared to the pre-treatment period. Respondents noted improvements, with the highest quality of life scores reported in responses with scores of 6 and 7. The subjective assessment of treatment effectiveness also shows positive results, although some respondents noted low effectiveness (score 1), which may indicate the need for additional analysis of specific types of therapy.

These findings emphasize the importance of developing comprehensive treatment strategies that include both medical and non-medical methods.

Treatment methods for children with ADHD



As part of the study, we analyzed the treatment methods used by parents of children with ADHD. This information is important because in modern medical practice there is a tendency to consider ADHD as a childhood disorder, which can lead to a loss of access to medication for children when they reach adulthood.

The analysis shows that parents use a variety of treatment methods for their children with ADHD, including both medication and other approaches. As there is a risk of losing access to medication once children reach adulthood, it is recommended that the medical community actively support the treatment of children with ADHD to ensure that patients have continued access to the necessary treatment.

Anamnesis and History of Diseases

As part of our research, we collected a significant number of medical histories provided by respondents. These stories detail the respondents' personal healthcare experiences, covering diagnoses and treatments related to a variety of conditions. Here are the main findings from the information provided:

Diversity of Diagnoses and Experiences in Healthcare: Respondents shared a wide range of diagnoses, from anxiety-depressive disorders to borderline personality disorders, indicating difficulties in accurate diagnosis and the high level of poverty of mental health disorders. The

described challenges in interacting with the medical system emphasize the importance of access to qualified care.

Problems with Access to Medicines and Their Effectiveness: Some respondents reported difficulties in accessing needed medicines due to regulatory barriers and prescription restrictions. This evidence points to a critical need to improve medication supply and access to treatment.

Disease onset and duration: Stories that start in childhood, as in the case of rheumatoid arthritis, highlight the importance of early detection and intervention, as well as the long-lasting impact of chronic conditions on people's lives.

Behavioral Problems and Engagement in Activities: The cases of behavioral problems in childhood and difficulties with engagement in activities highlight the need for awareness and support from the medical system in the correction of attention and behavioral disorders.

The analysis of the medical histories provided by the respondents emphasizes the importance of an individualized approach to treatment, access to effective medicines, and understanding the impact of chronic diseases and behavioral disorders on patients' lives and highlights the need to strengthen the healthcare system and create conditions for better access to treatment, which can be achieved through your innovative medical products and solutions. We are convinced that your expertise and participation will make a significant contribution to improving healthcare in Ukraine.

Examinations and Analyzes performed

In our survey, we collected comprehensive information on a variety of diagnostic procedures, consultations with specialists, and medical tests shared by respondents. This data reflects the depth and breadth of approaches to the assessment and diagnosis of conditions that include:

Comprehensive Diagnostics and Consultations with Specialists: Respondents went through a variety of diagnostic procedures at institutions such as Neuroflex and received consultations from

psychiatrists. This emphasizes the importance of specialized assessments in understanding and accurately diagnosing a variety of conditions.

Diverse Diagnostic Approaches: From a comprehensive search for the causes of depression, including MRI and thyroid tests, to anemia testing, respondents used a wide range of diagnostic methods. This comprehensive approach reflects a deep desire to understand the root causes of symptoms through differential diagnosis.

Use of questionnaires and interviews: Diagnosis for some involved detailed questionnaires and oral interviews, often with the involvement of loved ones, indicating the value of collecting personal and family history to confirm the diagnosis.

Neuropsychological Examination and Premedication Testing: Procedures such as echocardiograms and liver tests prior to treatment illustrate a careful approach to assessing the patient's overall health and ensuring the safety of treatment.

Respondents' answers emphasize the importance of a multimodal approach in diagnosing and understanding mental and physical conditions. From comprehensive diagnostics to detailed medical tests, this wealth of diagnostic experience reflects the need for in-depth analysis and individualized approach to each case. These findings reinforce our belief in the need for access to modern medical solutions and services, which can be greatly improved with the help of your company by offering the necessary innovative products and approaches to improve the healthcare situation in Ukraine.

Experience of Side Effects from Treatment

As a result of our survey, we obtained important data on side effects experienced by respondents during treatment. This data reveals a wide range of reactions to drug therapy, emphasizing the complexity and individuality of the body's responses. Here are the key aspects revealed in the survey:

Sleep disturbances as a Side Effect: A significant number of respondents reported sleep disturbances, including changes in sleep patterns and difficulty falling asleep, which significantly affect their overall well-being and health.

Physical Symptoms: Muscle pain was mentioned as one of the physical discomforts that accompany treatment. Such symptoms can significantly limit respondents' activity and quality of life.

Problems due to Lack of Access to Stimulants: Lack of access to stimulants to treat conditions such as ADHD forces patients to resort to non-stimulant alternatives that may not provide relief and cause side effects such as loss of appetite, lethargy, and apathy.

Absence of Side Effects in Some Cases: One of the respondents reported no side effects, which emphasizes the individuality of reactions to treatment and the importance of a personalized approach in medicine.

Respondents' answers outline a wide range of side effects that patients may experience during treatment. This information highlights the need to consider potential side effects when prescribing medications, as well as the importance of ongoing dialogue between doctors and patients to adapt and optimize treatment strategies. The data also underscore the need for access to a wide range of treatment options to ensure the best possible outcomes for each individual's ADHD symptoms, given their unique needs and potential side effects.

Impact of Treatment on Patients' Lives

Our research paid considerable attention to how treatment affects people's lives, especially in the areas of work, education and social activities. The feedback collected reflects a wide range of experiences, from positive impacts on everyday life to cases where treatment did not bring the desired result. Here are the key aspects that were identified:

Improved Attention and Emotional Regulation: Many respondents reported significant improvements in their ability to concentrate and emotional stability. The reduction in anxiety and emotional fluctuations made it easier for them to communicate and participate in social activities, which had a positive impact on their productivity at work and in education.

Gaining control over the condition: Several respondents reported that treatment allowed them to take control of their conditions, which contributed to increased productivity and success in their academic and work life.

Increased Motivation and Perseverance: Treatment has been shown to increase motivation and energy, helping people to work more effectively and achieve their goals in various areas of life.

Problems with Treatment Effectiveness: Not all respondents felt a positive effect from treatment, some reported no improvement or even interruption of treatment due to its ineffectiveness.

Improved Calmness and Concentration in Children: Especially for children, the treatment had a positive effect on the ability to concentrate and calm down, which contributed to better adaptation in the learning process and social environment.

Respondents' feedback outlines various aspects of the impact of treatment on patients' lives. Improved concentration, emotional regulation, control over the condition, increased motivation and perseverance are key to improving quality of life and performance in various areas of activity. However, the experience also emphasizes the importance of an individualized approach to treatment and the need to constantly review and adjust treatment strategies to ensure the best possible outcomes for each patient.

Analysis of the Costs of Treating ADHD Symptoms

A study of the costs of treating ADHD symptoms among respondents revealed significant variability, illustrating both the variety of treatments and the difference in access to healthcare services. Here is a detailed overview of the findings:

Cost range: Treatment costs range from no cost (UAH 0) to a significant investment (UAH 30,000 per month), highlighting the wide range of treatment approaches and their financial implications for patients and their families.

Minimum and Maximum Expenses: The lowest reported cost is 1000 UAH per month, while the highest is 30,000 UAH, which shows a large gap in financial burden, depending on the treatment chosen and the need for medicines.

Average Costs: The average cost of treating ADHD symptoms is approximately UAH 2,659.23 per month, indicating a moderate financial burden for many patients.

This data highlights the financial aspects of ADHD management, emphasizing the importance of effective financial planning and access to support for those affected by the condition. The disparity in costs also points to the need for widespread access to information about different treatments and their potential costs, as well as the need to develop affordable and effective treatment strategies to reduce the financial burden on patients and their families.

Gaps in the treatment of ADHD

An analysis of feedback from patients undergoing treatment for ADHD and related conditions has identified several key areas where significant gaps exist in current treatment approaches. Here are the main aspects that require attention and improvement:

The need for Skills Development: The evidence for the need for treatment interventions that address important skills underscores the importance of a comprehensive approach to ADHD treatment. This includes not only medication, but also therapies that address social, organizational, and other key skills.

Availability and diversity of medicines: Problems with access to medicines, particularly stimulants for adults, point to a critical need to improve the availability and diversity of medicines. This emphasizes the need to provide patients with a wide range of effective medicines.

State Support: The emphasis on the need for stronger government support indicates that patients want to see a more active role for the government in ensuring access to treatment and support. This could include funding, health policy, and awareness-raising initiatives.

General Availability of Medicines: The recurrent references to problems with access to medicines point to existing barriers to physical access to medicines and their affordability. This includes both the availability of medicines in healthcare facilities and the coverage of medicines by health insurance programs.

Patient feedback highlights several critical areas where efforts are needed to improve ADHD treatment. These include not only improving the availability and diversity of medication treatments, but also ensuring comprehensive approaches that include skill development and therapeutic interventions. It also emphasizes the importance of a more active role of the state in ensuring access to treatment and support for people with ADHD. This feedback serves as an important source of information for further planning and implementation of treatment strategies aimed at meeting the needs of patients and increasing the effectiveness of ADHD treatment.

Disadvantages in the Availability of ADHD Treatment

Analyzing patient feedback on ADHD treatment in Ukraine, it becomes clear that there are important gaps in the availability and diversity of treatment options. Here is a detailed overview of the problems identified:

Limited Availability of Stimulants: Lack of access to key stimulants such as methylphenidate (Ritalin, Concerta) and amphetamines (Adderall, Vyvanse) is a significant barrier to effective ADHD treatment. These medications are an important component of ADHD symptom management, and their limited availability makes it difficult to receive comprehensive care.

Need for Personalized Medication Selection: The diversity of conditions associated with ADHD requires an individualized approach to treatment, with a wide range of medications to choose from.

The lack of a wide variety of available medications limits the ability of patients and physicians to select the most effective treatment for each individual case.

Importance of Non-pharmacological Treatments: Patients also express a need for access to non-pharmacological treatments such as psychotherapy and cognitive behavioral therapy (CBT). These therapies can be an important complement to medication, offering comprehensive strategies for managing symptoms and improving quality of life.

Problems with Access to Healthcare Services and Infrastructure: Feedback also points to broader healthcare system challenges, including a shortage of qualified specialists, difficulties in diagnosis and obtaining prescriptions, and geographic barriers to accessing treatment.

Expectations from ADHD treatment

Based on a detailed analysis of patient feedback on expectations from ADHD treatment, the following key aspects can be identified:

Concentration: The most common expectation is improved concentration, mentioned 84 times. This emphasizes the importance of treatment that helps focus on tasks and reduces distractions as a primary goal for many patients.

Attention: The overall focus on improving attention is supported by 45 mentions, indicating the importance of this aspect in everyday life and ADHD treatment.

Quality of Life: Improved quality of life is a significant expectation, mentioned 51 times. Patients seek treatment that improves their overall well-being and allows them to function better in everyday situations.

Impulsivity: Reducing impulsivity, mentioned 7 times, indicates a less pronounced but still important goal for some patients, seeking more control over their reactions.

Communication: Improving communication skills, mentioned 6 times, emphasizes patients' desire to improve their interaction with others, which is an important component of social and professional life.

Control: The expectation of gaining more control over one's own behavior and symptoms, mentioned 33 times, indicates that patients want to actively manage their condition.

The analysis of expectations from ADHD treatment reveals patients' desire to achieve a comprehensive improvement in their lives, which includes not only symptom reduction but also improvements in overall quality of life, ability to concentrate, and impulsivity management. These findings emphasize the importance of developing and implementing comprehensive treatment strategies that address the wide range of needs of ADHD patients to provide them with the means to improve their personal development and social interaction.

The impact of ADHD on the psychological state

An analysis of feedback from patients undergoing ADHD treatment revealed a deep understanding and expectation of the treatment process. The main findings emphasize that patients are looking not just for symptom relief, but for a comprehensive improvement in their psychological state and quality of life:

Improved Concentration and Attention: There was a strong desire for improved ability to focus and sustain attention, which is a key expectation of treatment. This underscores how critical it is for people with ADHD to restore and improve attention functions to increase productivity in daily life.

Improving Quality of Life: A clear desire to achieve an overall improvement in quality of life through treatment, including reduced stress, improved emotional well-being, and the ability to function better in social and professional contexts.

Reduced Impulsivity: Although this aspect is mentioned less often, impulsivity affects many aspects of people with ADHD, including interpersonal relationships and work processes. Reducing impulsivity is essential to achieving greater confidence and control.

Improving Communication: The need for improved communication skills indicates the importance of treatment to support better interaction with others and improved social integration.

Symptom control: The desire for more control over one's symptoms and behaviors reflects a desire for self-determination and independence, which are important for personal development and self-actualization.

People with ADHD seek treatment that not only alleviates symptoms but also significantly improves their ability to function and enjoy life. Treatment expectations cover a wide range of improvements, from personal development to social adaptation, requiring healthcare professionals to consider ADHD as a multidimensional disorder that affects all aspects of a patient's life. This underscores the need for a comprehensive treatment approach that includes medication, psychotherapy, and behavioral strategies to achieve optimal outcomes.

Support in the Context of Living with ADHD

The analysis of the feedback from people with ADHD revealed deep and varied experiences in terms of receiving support from family, friends and the community. The research indicates the following:

Diversity of Levels of Support: Some individuals experience moderate to neutral support, which may reflect varying levels of understanding or acceptance from their environment. This indicates potential problems with communication and perception of ADHD in the social context.

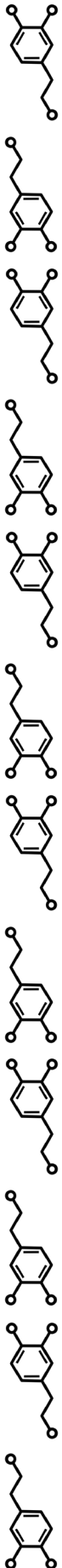
Lack of Support: Others report a clear lack of support or understanding, highlighting the need to raise awareness and create more inclusive and supportive communities.

Significant Support: Several responses emphasized that certain individuals and groups provide significant support, which points to the importance of having a strong support network for people with ADHD. This can include both peers and loved ones who have a deep understanding and empathy for their condition.

Community of like-minded people: Responses also point to the importance of connections with other people with ADHD and the positive impact of such connections on mutual understanding and emotional support.

The Importance of Empathy and Understanding: The detailed description of the experience of struggling with ADHD and receiving appropriate support from loved ones emphasizes the importance of empathy, mutual support and understanding in strong relationships.

Support experiences in the context of ADHD are complex and varied, illustrating both challenges and successes in navigating social interactions and communities. The importance of a strong support network cannot be underestimated, as it can significantly improve the quality of life of individuals with ADHD by providing them with the necessary understanding, acceptance, and resources to better manage their condition. At the same time, these challenges highlight the need for greater awareness and effective strategies to create a more supportive and inclusive environment for people with ADHD.



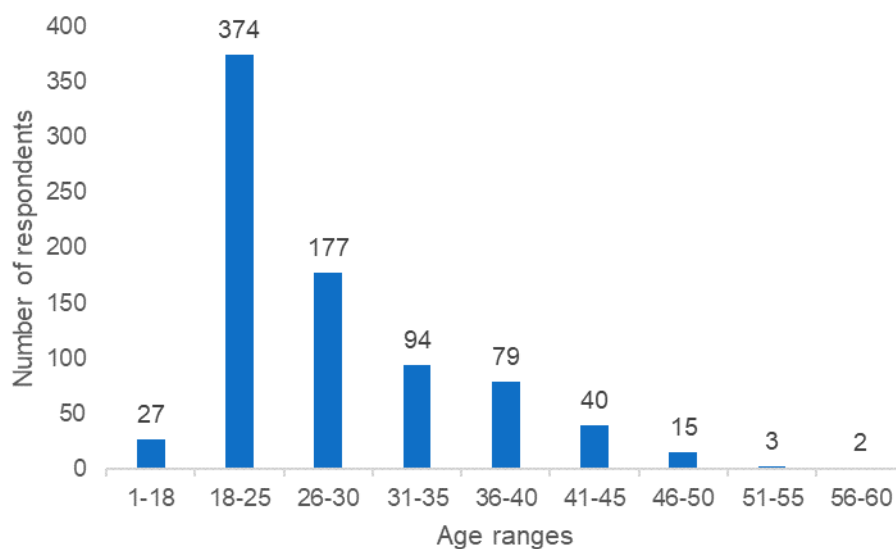
Summary analysis by category

An adult with suspected ADHD

In total, more than 1000 respondents took the survey, of whom 814 chose the category "Adult with suspected ADHD".

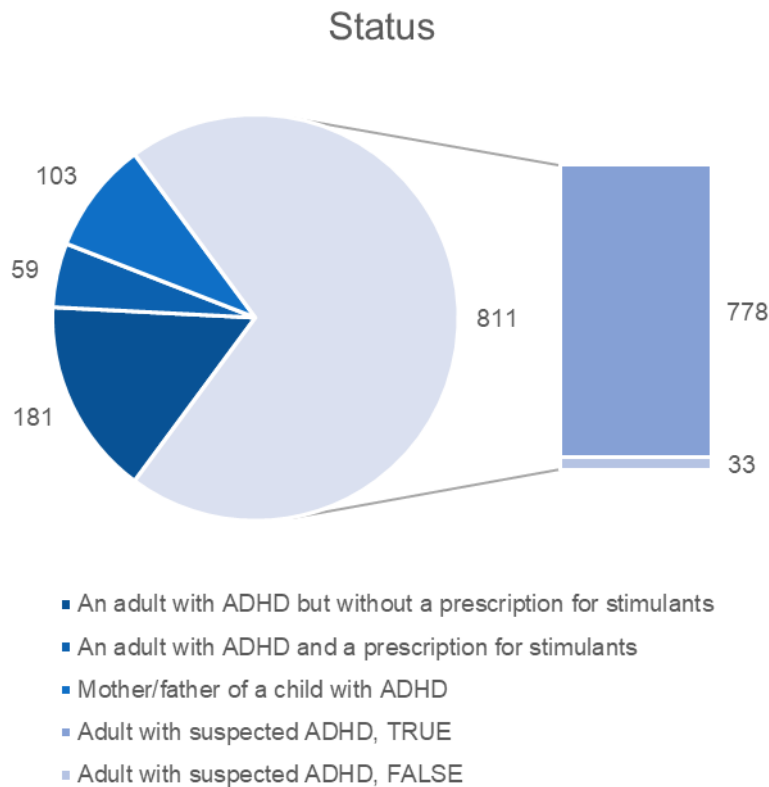
The following is a detailed description of the experiences of adults with ADHD who do not have a formal diagnosis. Respondents were asked to take the ASRS-v1.1 test to confirm or deny a suspected ADHD diagnosis. The summary examines the types of treatments used, their effectiveness, side effects, and overall impact on life and quality of life before and during treatment. Also covered are treatment costs, gaps in current treatment, expectations of ADHD treatment, psychological impact, and the level of support from family, friends, and community. This comprehensive analysis sheds light on the challenges and needs of adults with ADHD who seek to effectively manage their condition.

Age of respondents: Adults took part in the survey, with a general age range of 18-60 years, which indicates a significant awareness of the topic of ADHD diagnosis. The most active age group in the survey is 18-25 years old.



Suspected ADHD: Among adults who suspect they have ADHD, a large majority confirmed their suspicions with the ASRS-v1.1 self-diagnosis: 694 out of 814 respondents, which is approximately 96% of this group. This may indicate that people are highly aware of ADHD symptoms and/or that the self-diagnostic tool is highly accurate.

Status	Number	
An adult with ADHD but without a prescription for stimulants	181	
An adult with ADHD and a prescription for stimulants	59	
Mother/father of a child with ADHD	103	
Adult with suspected ADHD, TRUE	778	Percentage
Adult with suspected ADHD, FALSE	33	4.2

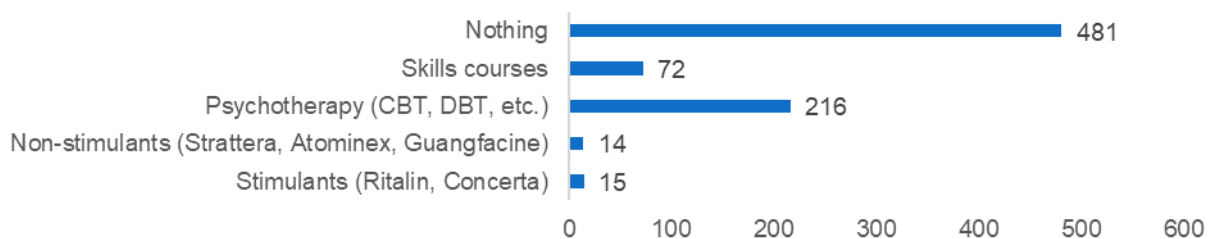


Medical history: Respondents shared a wide range of diagnoses, from anxiety-depressive disorders to borderline personality disorders, which indicates the difficulty in accurately diagnosing mental disorders. The challenges described in interacting with the medical system emphasize the importance of access to qualified care.

Examinations and tests: Diagnostics ranged from finding the causes of depression, including MRI and thyroid tests, to checking for anemia. This comprehensive approach demonstrates a deep desire to understand the root causes of the symptoms.

Types of treatment used: The types of treatments mentioned include primarily psychotherapy (CBT, DBT, etc.) and skills courses, but there are respondents who self-administer stimulants (Ritalin, Concerta) and non-stimulants (Strattera, Atominex, Guangfacin), which indicates that there are significant barriers to getting a diagnosis from a qualified specialist. However, the vast majority of respondents do not receive any treatment.

Types of treatment that have been used



Impact on life: Treatment had a positive impact on respondents' ability to concentrate, work performance, and emotional regulation, improving their daily functioning and interactions.

Gaps in current treatment: Respondents expressed a need for highly qualified specialists and treatment that helps build missing skills, indicating systemic problems in the medical structure.

Unavailable or preferred medications: Vivans and Concerta were mentioned as desirable but unavailable medications, indicating problems with access to specific treatments.

Expectations from ADHD treatment: Respondents hope to improve their quality of life, improve concentration, and reduce dependence on ADHD symptoms.

Psychological impact of ADHD: ADHD increases anxiety, interferes with communication, and affects self-esteem, highlighting the mental health issues associated with the condition.

Support from family, friends and community: While some respondents noted support, especially from the community, overall social support was variable, indicating the importance of a support network.

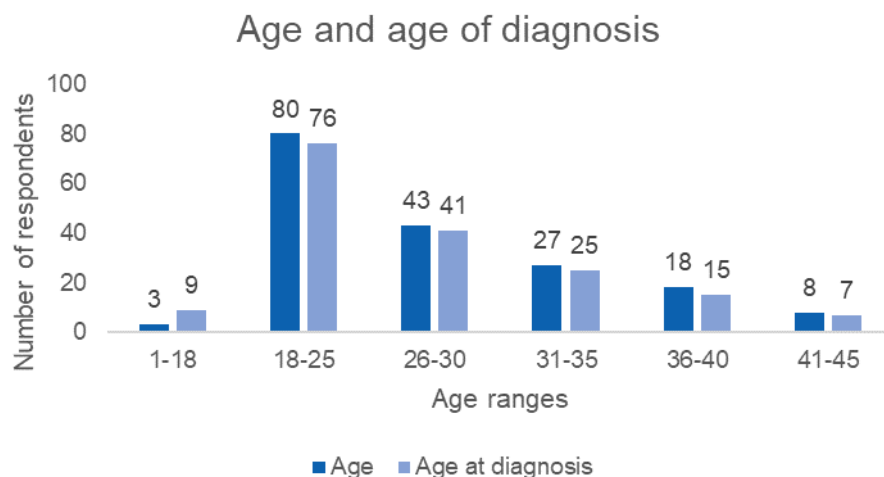
This brief review presents the multifaceted experiences of adults who are treating ADHD without a formal diagnosis, highlighting the challenges, treatment outcomes, and the need for comprehensive support and available treatment options.

An adult with ADHD but without a prescription for stimulants

181 respondents chose the category "Adult with ADHD, but without a prescription for stimulants".

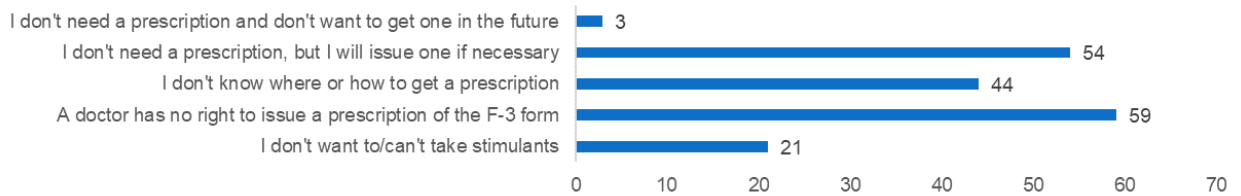
The following details the experiences of adults with ADHD who manage their condition without prescriptions, including age at diagnosis and reasons for not having a prescription. The summary discusses the types of ADHD treatments used, their effectiveness, side effects, and overall impact on life and quality of life before and during treatment. Also covered are treatment costs, gaps in current treatment, expectations of ADHD treatment, psychological impact, and level of support from family, friends, and community. This comprehensive analysis sheds light on the challenges and needs of adults with ADHD who seek to effectively manage their condition.

Age at diagnosis: Respondents were diagnosed at different ages, reflecting the diverse experiences that led to the diagnosis of ADHD.



Reasons for not having a prescription: Some respondents indicated that they did not need a prescription, but would consider getting one if necessary. Others mentioned barriers such as legal restrictions or unavailability of certain medications.

Reasons for not having a prescription

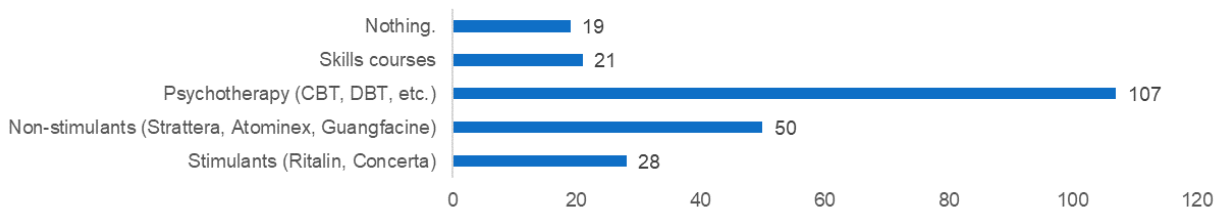


Medical history: The medical history of the respondents varies: some of them did not indicate their history, while others underwent comprehensive diagnostics, including consultations with a psychiatrist. Conditions such as moderate depression, SSRI use, and vitamin deficiency were mentioned, as well as ADHD itself.

Examinations and tests: The diagnosis included thyroid hormone evaluation, thyroid ultrasound, and vitamin level checks, among other things, indicating a thorough investigation of their health other than ADHD.

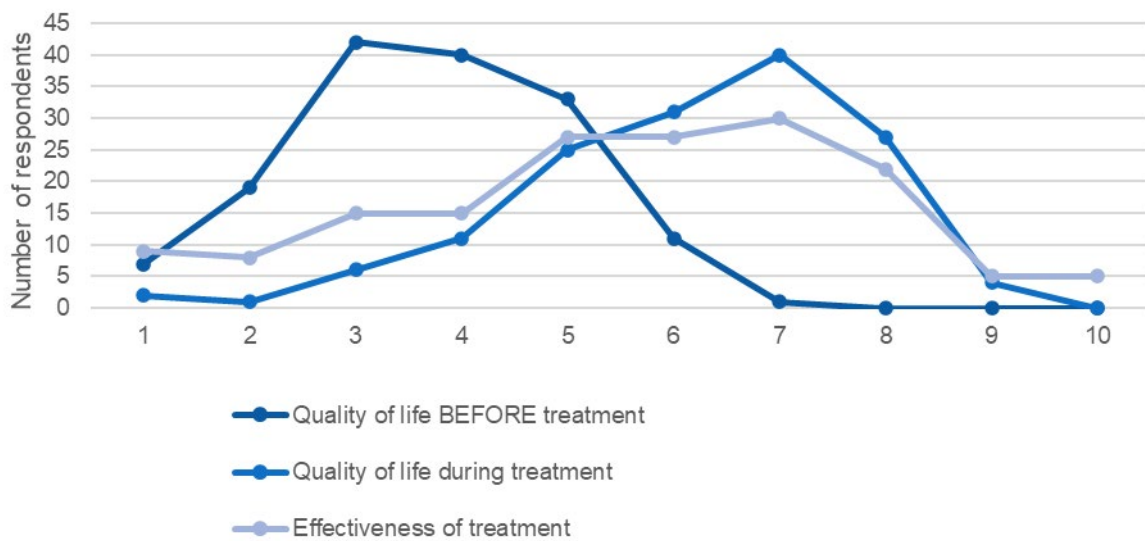
Types of treatment used: The treatments mentioned include stimulants such as Ritalin and Concerta, psychotherapy (CBT, DBT, etc.), and non-stimulants (Strattera, Atomoxetine, Guanfacine), reflecting a combination of pharmacological and therapeutic approaches to treating ADHD.

Types of treatment that have been used



Treatment effectiveness: Respondents gave a subjective assessment of treatment effectiveness by rating it on a scale, with some drugs leading to significant improvements in concentration, reduced anxiety, and decreased sensitivity to sensory stimuli.

Evaluation of treatment



Side effects: Side effects have ranged from sleep disturbances and muscle pain to high blood pressure and headaches, suggesting a difficult balance between the benefits and drawbacks of the treatment.

Impact on life: Treatment had a positive impact on respondents' ability to concentrate, work performance, and emotional regulation, improving their daily functioning and interactions.

Quality of life before and during treatment: Improvements in quality of life were noted during treatment, with numerical scores indicating significant positive changes.

Treatment costs: Treatment costs ranged from approximately UAH 1,000 to UAH 4,000 per month, which underscores the financial burden of ADHD treatment.

Gaps in current treatment: Respondents expressed a need for treatment that helps build missing skills, indicating gaps in current approaches to ADHD treatment.

Unavailable or preferred medications: Vivans and Concerta were mentioned as desirable but unavailable medications, indicating problems with access to specific treatments.

Expectations from ADHD treatment: Respondents hope to improve their quality of life, improve concentration, and reduce dependence on ADHD symptoms.

Psychological impact of ADHD: ADHD increases anxiety, interferes with communication, and affects self-esteem, highlighting the mental health issues associated with the condition.

Support from family, friends and community: While some respondents noted support, especially from the community, overall social support was variable, indicating the importance of a support network in managing ADHD.

This brief review presents the multifaceted experiences of adults who treat ADHD over the counter, highlighting the challenges, treatment outcomes, and the need for comprehensive support and available treatment options.

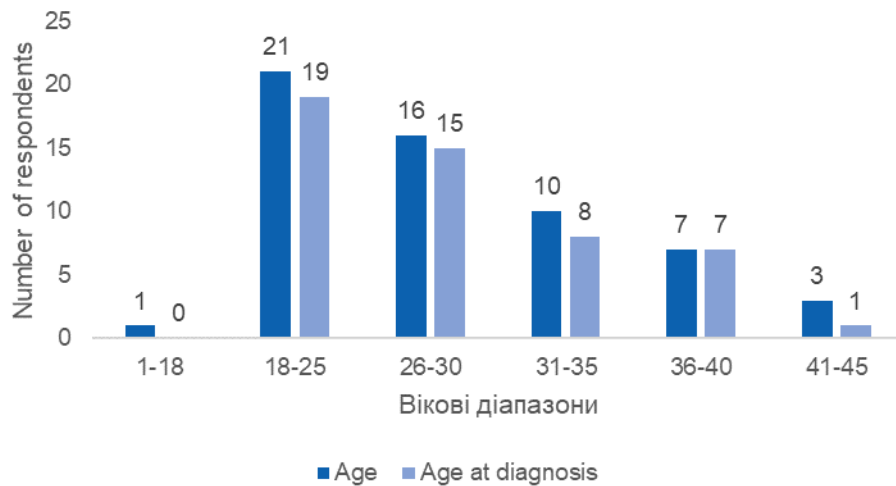
An adult with ADHD and a prescription for stimulants

59 respondents chose the category "Adult with ADHD and a prescription for stimulants".

It offers a comprehensive look at the experiences of people with a stimulant prescription with the diagnosis and treatment of ADHD, including stimulant and non-stimulant medications, psychotherapy, and access to medications in Ukraine. The respondents shared their medical histories, diagnostic procedures they have undergone, the effectiveness and side effects of treatment, and the impact of ADHD on their quality of life and psychological well-being. It also highlights the financial costs of treatment, gaps in existing treatment options, and the support system of family, friends, and community. This review brings together the multifaceted experiences of adults who are treating ADHD with medication, highlighting the need for accessible, effective, and supportive care.

Age at diagnosis: Varies considerably, with adults being diagnosed in their twenties and thirties, often after a long history of misdiagnoses or untreated symptoms.

Age and age of diagnosis



Medical history: Respondents reported a wide range of pre-existing conditions, including depression, anxiety, rheumatoid arthritis, and other neurodevelopmental disorders such as ASD. Many were treated for these conditions before ADHD was recognized as a contributing factor.

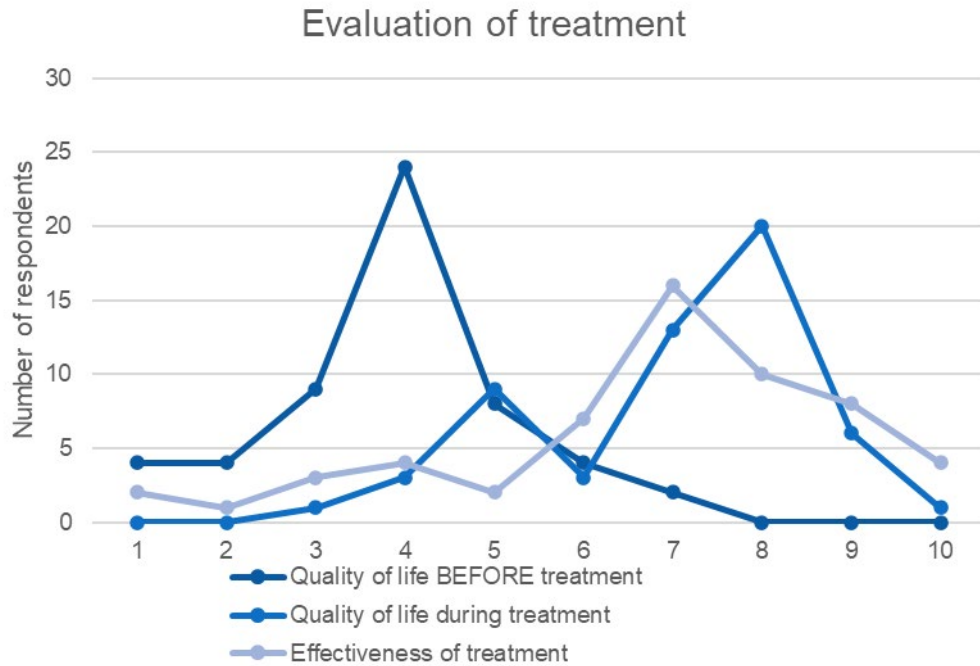
Examinations and tests: The diagnostic processes included a comprehensive psychiatric examination, blood tests for vitamin levels and thyroid function, EEG, and more specialized tests such as the WAIS (Wechsler Adult Intelligence Scale) and the MOXO test for ADHD. These examinations are aimed at ruling out other conditions and confirming the diagnosis of ADHD.

Types of treatment used: Treatment approaches ranged from stimulants, such as Ritalin and Concerta, to non-stimulants, such as Strattera, and psychotherapeutic interventions (CBT, DBT). Some respondents also considered continuing education courses as part of their treatment plan.

Types of treatment that have been used



Treatment effectiveness: Treatment effectiveness received mixed reviews, with some respondents experiencing significant improvements in their ability to concentrate, work, and go about their daily activities, while others did not experience significant relief or had difficulty finding the right medication.



Side effects: The most common side effects included sleep disturbance, loss of appetite, heart palpitations, and in some cases, more serious reactions that led to discontinuation or change of medication.

Impact on life: Treatment has generally had a positive impact on the lives of those who have found effective management strategies, resulting in improved performance at work, school, and in social settings. However, challenges remain for those still seeking effective treatment.

Quality of life before and during treatment: Many respondents reported an improvement in their quality of life after treatment, citing better control of ADHD symptoms and a greater ability to participate more fully in life.

Treatment costs: Treatment costs vary greatly, with some people spending thousands of hryvnias per month on medications, psychotherapy, and other interventions.

Gaps in current treatment: Respondents expressed the need for greater availability of a wider range of medications, especially amphetamine-based medications that are not available in Ukraine, and also expressed a desire for more supportive therapy to develop coping skills.

Unavailable or desirable medicines or treatments: Specific drugs such as Vivans and Concerta were often mentioned as desirable but difficult to access. There was also a call to ensure access to stimulants that are available in other countries but limited in Ukraine.

Expectations from ADHD treatment: People hoped for symptom relief, improved quality of life, and the ability to control more aspects of their lives with less dependence on ADHD symptoms.

Psychological impact of ADHD: ADHD had a significant impact on the psychological state of respondents, increasing anxiety, interfering with communication, and affecting self-esteem. However, the diagnosis itself often brought a sense of relief and understanding.

Support from family, friends and community: The level of support varied, with some respondents receiving strong support from their social circles, while others faced misunderstanding and stigmatization.

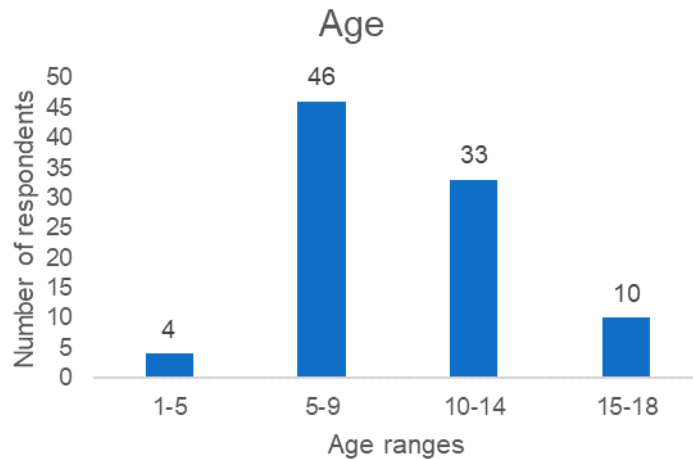
This comprehensive review highlights the complex and varied experiences of adults with ADHD, emphasizing the importance of accessible and effective treatments, as well as the need for understanding and support from the community and health care system.

Mother/father of a child with ADHD

In total, more than 1000 respondents took the survey, 93 of whom chose the category "Mother/father of a child with ADHD".

The chapter provides a comprehensive overview of the experiences of people who are treating their children's ADHD and details the journey from diagnosis to ongoing treatment. It covers the range of treatments used, including medication and psychotherapy, and assesses their effectiveness and side effects. The text emphasizes the profound impact of ADHD on a child's daily life,

including education, social interaction, and overall quality of life both before and during treatment. It also discusses the financial burden of treating ADHD, the gaps in existing treatment options, and the support structures available in the community and family. Through personal stories, the expectations of ADHD treatment and its psychological consequences are emphasized, and the need for accessible, effective, and supportive care is highlighted.



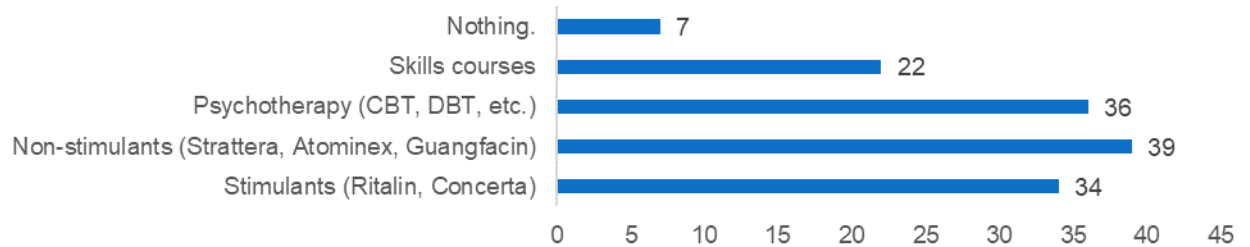
Medical history/anamnesis (if any): Many respondents noted early signs of ADHD, including behavioral problems in kindergarten and school, constant change of activities, and aggressive reactions to comments. Some children were diagnosed with ADHD and other conditions, such as Asperger's syndrome, after thorough examinations, including psychological assessments and interviews. Several respondents mentioned problems related to general development, particularly speech development, which were noticeable from an early age.

Examinations and tests were performed: Children have undergone a variety of examinations to establish a diagnosis, including ADHD-specific tests such as ADOS2. In addition to tests aimed at detecting ADHD, a comprehensive medical examination, including blood tests, biochemistry, ECG, and consultations with neurologists and psychiatrists, is often performed to rule out other conditions and confirm the diagnosis of ADHD.

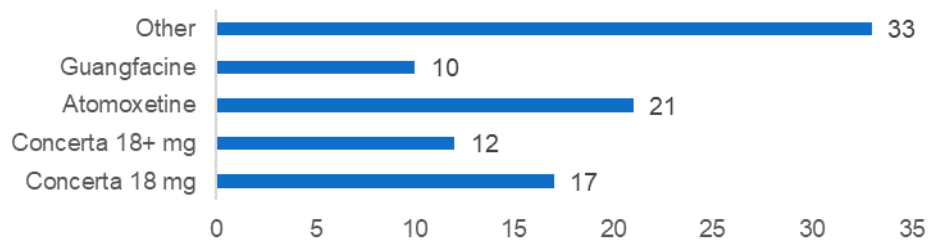
Types of treatment used or used to be used: Stimulants (e.g., Ritalin, Concerta) and non-stimulants (e.g., atomoxetine, guanfacine) were frequently used, as well as psychotherapy (CBT,

DBT) and skills training courses. In addition to medication, psychotherapy, including cognitive behavioral therapy and other psychoeducational interventions, has played a crucial role in the treatment of ADHD.

Types of treatment that have been used

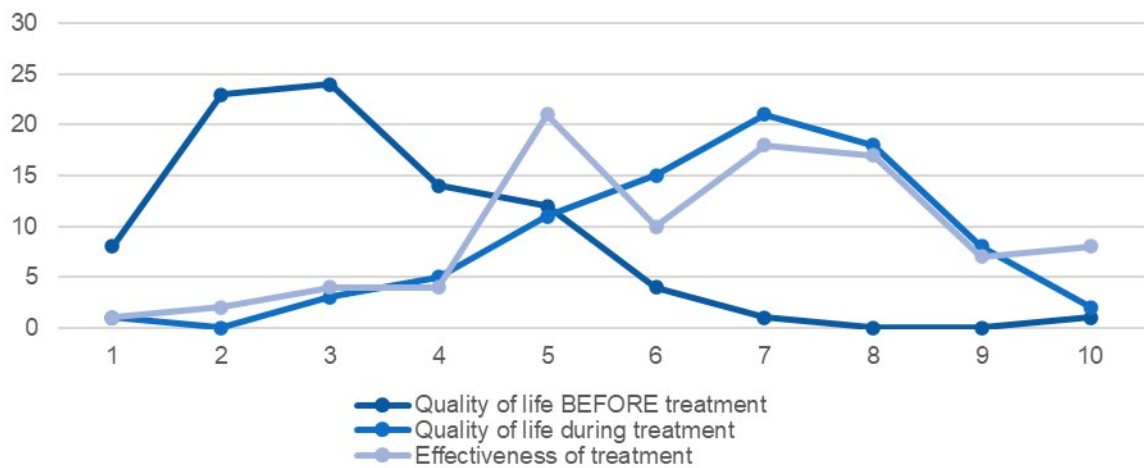


Treatment the child receives



Treatment effectiveness (subjective assessment): Many respondents reported significant improvements in their children's concentration and calmness after treatment. During the treatment, there was a marked improvement in the quality of life, and children became more interested in learning and social interaction.

Evaluation of treatment



Side effects: The most common side effects were decreased appetite and sleep problems, although these varied in intensity across treatments. In a few cases, increased aggression or other behavioral changes were reported, especially in the initial stages of treatment.

Impact on daily life: Treatment generally had a positive impact on school performance and daily activities, making it easier for children to learn and socialize. While treatment improved children's behavior, it also sometimes led to tensions in families, which emphasizes the importance of support systems.

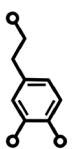
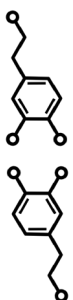
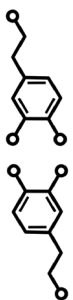
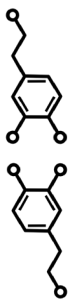
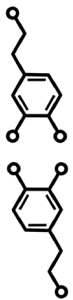
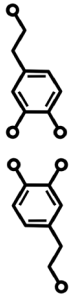
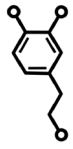
Quality of life before and during treatment: Families reported a significant improvement in their children's quality of life during treatment compared to the previous period, which was reflected in more activity and better social interaction.

Treatment costs (per month, UAH): Treatment costs varied considerably, with some families spending thousands of hryvnias per month on medications, psychotherapy, and additional support services.

Gaps in current treatment: Respondents often cited problems with access to necessary medications and professional support due to unavailability or logistical problems.

Support from family, friends, and community: The level of support varied greatly, with some families receiving strong support from the community, while others faced misunderstanding and lack of support.

This summary highlights the diverse experiences of families with ADHD, highlighting the importance of personalized care, support systems, and accessible treatment options to improve outcomes for children with ADHD.

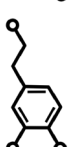
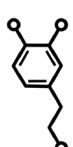
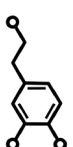
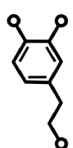
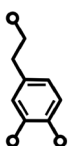
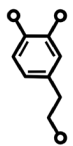
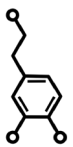
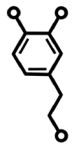
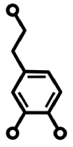
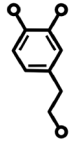
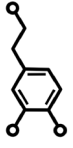
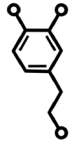


Methylphenidate, registration

Medicinal product (regular)

Trade name:	CONCERTA®.						
Manufacturer:	Janssen-Silag Manufacturing LLC (production of bulk product, primary and secondary packaging), USA Janssen Pharmaceuticals NV (production of a series), Belgium						
Release form (dosage form, strength of action (dosage), packaging):	prolonged-release tablets, 18 mg, 28 or 30 tablets in a vial; 1 vial in a cardboard box						
Packaging:							
dosage form	dose	quantity in original package (pcs., ml, g)	primary packaging	number of primary units.	secondary packaging	number of secondary units.	group packaging
prolonged-release tablets	18 mg	28 pcs	vial	1	cardboard pack	1	
prolonged-release tablets	18 mg	30 pcs	vial	1	cardboard pack	1	
Registration certificate:	UA/14199/01/01						
Order of the Ministry of Health	No. 2101 of 11.12.2023						
Validity period of the registration certificate:	unlimited from 28.08.2020						
Applicant:	Johnson & Johnson Ukraine LLC, Ukraine						
International non-proprietary name:	Methylphenidate						
Synonymous name:							
Composition of active ingredients:	1 extended-release tablet contains methylphenidate hydrochloride 18 mg						

PBX code:	N06BA04
Terms of vacation:	on prescription
Expiration date:	3 years
Advertising is allowed:	No.
Whether the medicinal product belongs to the medicinal products procured in accordance with the seventeenth paragraph of part three of Article 2 of the Law of Ukraine "On Public Procurement":	No.



Recommendations for Improving the Situation of Children and Adults with ADHD in Ukraine

1. Raising Awareness and Education

- **Problems:** Insufficient awareness of ADHD among the public and healthcare professionals.
- **Solution options:** Development of information campaigns, training programs for healthcare professionals, integration of ADHD into school curricula.
- **Benefits to society:** Increased awareness, reduced stigma, improved early diagnosis.
- **Benefits for the pharmaceutical company:** Increased demand for medicines, improved reputation of the company as a socially responsible business.

2. Development of Infrastructure for Non-pharmacological Treatment

- **Issue:** Limited access to non-pharmacological treatments such as psychotherapy or skills training.
- **Solution options:** Create support centers, secure funding to expand existing programs.
- **Benefits for society:** Reducing the burden on the medical system, improving the quality of life of patients.
- **Benefits for the pharmaceutical company:** Market expansion through the introduction of products for non-pharmaceutical treatment.

3. Ensuring Wider Access to Medicines

- **Problem:** The Ukrainian market has only one first-line treatment for ADHD with significant supply problems and one second-line drug that has a high price. This creates serious barriers for patients' access to adequate treatment.

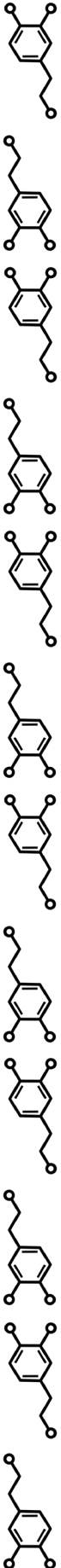
- **Solution options:**

- **Expanding the List of Available Medicines:** Use the Order of the Ministry of Health of Ukraine #1422 dated December 29, 2016, which allows the use of international clinical protocols, to include additional first-line stimulants mentioned in the translated guidelines (e.g. methylphenidate, lisdexamfetamine, dexamphetamine).
- **Lobbying for Regulatory Changes:** Developing and submitting proposals to the Ministry of Health of Ukraine and other responsible authorities to simplify the procedures for registration and marketing of new medicines for the treatment of ADHD.
- **Cooperation with Manufacturers:** Establishing a dialog with pharmaceutical companies to reduce prices and improve supply logistics.

- **Benefits to society:** Increased access to medicines will improve the quality of life of patients, reduce the burden on families, and reduce the socioeconomic costs of ADHD.
- **Benefits for the pharmaceutical company:** Increasing the market for new drugs, strengthening market positions, enhancing reputation due to social responsibility and contribution to improving public health.

4. Improving the Support System

- **Problem:** Insufficient support for patients and their families after diagnosis.
- **Solution options:** Development of public organizations, creation of an online support platform, introduction of hotlines.
- **Benefits to society:** Improving the psychological state of patients and their families, reducing social isolation.



- **Benefits for the pharmaceutical company:** Increased customer loyalty, opportunity to participate in social programs.

Addressing these needs requires coordinated work between medical professionals, policy makers, patient advocacy groups, and patients themselves to ensure a comprehensive and accessible approach to ADHD treatment in Ukraine.

