ABSTRACT

Adult attention deficit hyperactivity disorder (ADHD) is a neuropsychological problem exhibiting symptoms including lack of concentration, impulsive and aggressive behaviour, hyperactivity, failure to tasks etc. Our study revealed that incidence of adult attention deficit hyperactivity disorder is less predominant in females than in males and its overall incidence rate was also reported to be low in the general adult population of Quetta, Balochistan. The reason for its high occurrence in males is due to the fact that our present communal and cultural masculinity perception influences the personality of these adult males which is reflected in the form of less emotional expressivity followed by reduced degree of sensitivity towards other people or situations. However it is crucial to report ADHD in adults for the sake of their stable frame of mind.

KEYWORDS

Wender Utah Rating Scale; Neurocognitive; Hyperactivity; Psychiatric Illness, Attention Deficit Hyperactivity Disorder.
cial judgment, and constant shifting of concentration that are found in children suffering with ADHD lead to a multiple, endless social and academic problems in future [15,16,17]. Complications and problems are noticeable at home where children suffering with ADHD have hard time following the rules like disturbance created by an ADHD child at mealtime, bedtime or family outing, gathering and are rarely done with their homework and assignments [18,19,20]. Due to lack of concentration, not following the rules of classroom, fidgetiness, inappropriate verbalization, disruptiveness and difficulty working independently an ADHD child often stand out of class room or punished [21,22,23,24]. ADHD adults are mostly avoided in peer groups because they might aggravate fights, disturb others [25]. Such negligence may affects an ADHD affected individual emotionally leading to conditions like stress, fretfulness and dejection [26,27]. Another study revealed that parental emotion and harmful family activities are probably noted symptoms of families of adults suffering from ADHD [28,29]. Besides inadequate or poor sleep increases impulsivity, hyperactivity and aggressiveness in adults resulting in neurocognitive problems [30]. Since very little is reported regarding ADHD in adult population of Quetta, Balochistan. Therefore the aim of this study was to identify adult individuals with ADHD and to determine its prevalence rate in the general population of Quetta city. Besides also to recognize the factors associated with ADHD in both the genders.

**MATERIALS AND METHODS**

This designed survey was conducted in Quetta, Balochistan. Participants were randomly selected keeping the sample size 400 i.e., 200 males and 200 females and were mostly undergraduate students currently studying in different educational institutes of Quetta. Participants with any history of chronic or psychiatric illness, neurological damage or disease were excluded from the study.

A well-recognized scale Wender Utah Rating Scale (WURS) [31] was used as a measuring scale for diagnosing adult attention deficit hyperactivity disorder.

**Wender Utah Rating Scale scoring**

- Equal to or less than 46 = non-ADHD
- Equal to or greater than 56 = ADHD
- Scores of 47 to 55 = possible ADHD

Statistical analysis of the data was done using Microsoft excel 2013.

**RESULTS**

Table 1 and Graph 1 displayed the gender distribution of the sample.

Out of 400 students, 50% were females and 50% were males as shown in Table 1 and Graph 1

<table>
<thead>
<tr>
<th>S.no</th>
<th>Gender</th>
<th>No of students (%) (n=400)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Male</td>
<td>50</td>
</tr>
<tr>
<td>2</td>
<td>Female</td>
<td>50</td>
</tr>
</tbody>
</table>

**Table 1: Sex distribution of selected students.**

![Gender distribution of selected students]

**Graph 1: Gender distribution of selected students.**

Table 2 and Graph 2 reveals the correlation between adult attention deficit hyperactivity disorder and its three dimensions in both the genders.

**Table 2: Correlation between adult attention deficit hyperactivity disorder and its three dimensions in both the genders.**

<table>
<thead>
<tr>
<th>S.no</th>
<th>Variables</th>
<th>Male (n=200) (%)</th>
<th>Females (n=200) (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Factor 1</td>
<td>71</td>
<td>42</td>
</tr>
<tr>
<td>2</td>
<td>Factor 2</td>
<td>53</td>
<td>31</td>
</tr>
<tr>
<td>3</td>
<td>Factor 3</td>
<td>36</td>
<td>38</td>
</tr>
</tbody>
</table>
Graph 2: Correlation between ADHD and its three dimensions in both the gender

Table 3 and Graph 3 reveals the gender wise incidence of adult attention deficit hyperactivity disorder

Table 3: Gender wise incidence of adult attention deficit hyperactivity disorder.

<table>
<thead>
<tr>
<th>Prevalence</th>
<th>Male (n=200) (%)</th>
<th>Female (n=200) (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADHD (≥ 56)</td>
<td>36</td>
<td>31</td>
</tr>
<tr>
<td>Non-ADHD (≤ 46)</td>
<td>44</td>
<td>62</td>
</tr>
<tr>
<td>Possible ADHD (Between 47 to 55)</td>
<td>20</td>
<td>7</td>
</tr>
</tbody>
</table>

Graph 3: Gender wise incidence of Adult attention deficit hyperactivity disorder.

Table 4 and Graph 4 reveals the overall prevalence of Adult attention deficit hyperactivity disorder

Table 4: Overall incidence of Adult attention deficit hyperactivity disorder.

<table>
<thead>
<tr>
<th>Prevalence</th>
<th>n=100 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADHD</td>
<td>33.5</td>
</tr>
<tr>
<td>Non-ADHD</td>
<td>53</td>
</tr>
<tr>
<td>Possible ADHD</td>
<td>13.5</td>
</tr>
</tbody>
</table>

Graph 4: Over all incidence of Adult attention deficit hyperactivity disorder.

DISCUSSION

Obtain results reveled high incidence of adult attention deficit hyperactivity disorder (ADHD) in males. It is due to the restrictive emotionality nature of this gender that prevents them from expressing their feelings deeply [32]. These adult males has been disconsolated, and because of their inadequate expression level and low compassion such males are easily vulnerable to ADHD [33]. A stiff and stubborn attitude displayed by men in our society to control feelings and to conceal weakness is a centric social framework [34]. However such display of these traits could not be carried for a longer period of time and soon it develops in to anxiety, aggression, hyperactivity and frustration in adult males[35,36]. Females on the other hand holds a more delicate personality by nature therefore tend to be more flexible and halfhearted therefore are less prone to ADHD by the virtue of their soft nature[37]. So we can say that there is a direct association between traditional masculinity concept and ADHD in adult males. Confined personality traits of men plays an important role in the progression of symptoms in ADHD affected adults as shown by the three factors of WURS that such adult individuals displayed greatest deficits in identifying and expressing emotions and feelings [38]. Insensitivity, frustration, less passion, lack of concentration, low self-esteem etc act as triggers for ADHD thus intensifying its symptoms [39]. Besides nervous system of both the genders differs from one another in terms of brain perceiving...
capabilities and processing functionality [40]. Males are different from females in terms of their brain anatomy and function. Therefore ADHD utilities works differently in the brain of men and woman [41]. Research revealed that deficit in right hemispheric capacity contribute to ADHD in men, but not in case of women [42].

CONCLUSION

This study recommends that Adult attention deficit hyperactivity disorder (ADHD) is more prevalent in adult males. Therefore it is essential to report this problem because it might have severe effects on the developing personality of adult individual’s. Therefore there is a need for counselling and behavioral therapy to treat this mental illness.

REFERENCES


