

SUMMARY

ADHD is a lifelong neurodevelopmental disorder that is mostly seen in childhood and that can also manifest or carry on into adulthood. It is of crucial importance for clinicians to be aware of the adult version of ADHD so that they can adequately recognize and treat those who are ailed by the condition. It is also important to raise awareness of the condition to clinicians in Czech Republic, as our study clearly shows that there are a fair amount of adults who are living with strong symptoms. We conducted our study on ADHD symptomatology among Czech adults and the correlated lifestyles to get a better picture of the condition and how it presents itself, to give a clear idea of questions that could be asked by clinicians to adults regarding their lifestyles and ADHD. We also decided to only stick to symptomatology rather than previous diagnosis to further refine our research and get a clear picture.

Our study was the first to assess ADHD symptoms and investigate lifestyles in the Czech adult population. The study was cross-sectional as this allowed us to assess the symptoms and lifestyles in “real time”. The cross-sectional design was a strength as well as a limitation in the sense that we cannot see what the individuals will do in the future, whether symptoms have improved or worsened, or likewise if they have changed their lifestyles. Our results were mostly in line with previous studies that looked at the lifestyles and health of individuals that are diagnosed with the disorder with some exceptions. Unlike other studies we found less associations with ADHD symptoms, in terms of intensity (i.e. 5-6 score on ASRS) and nicotine use. We also found higher scorers to be associated with higher rates of physical exercise. Further investigation would be of high importance to the field in order to understand whether lifestyles such as nicotine use and physical exercise, help with ADHD symptoms and how to help patients from an holistic perspective. The study has vast implications for the field in that clinicians may see individuals who are, for example, obese and/or suffering from substance abuse disorders may want to dig deeper and screen or test for ADHD, investigating the patient's lifestyles could give hints into the patient possibly suffering from the disorder. We are confident that adult ADHD should receive more attention in the field and that when treated with drug therapy and counseling it can substantially