## Supplementary Handout

## ADHD Symptoms and Inattention in the Follicular and Luteal Phases of Naturally Cycling Women and in Women Using Oral Contraceptives (Poster)

## References

- <sup>1</sup> Roberts, B., Eisenlohr-Moul, T., & Martel, M.M. (2018). Reproductive steroids and ADHD symptoms across the menstrual cycle. *Psychoneuroendocrinology*, 88, 105-114. https://doi.org/10.1016/j.psyneuen.2017.11.015
- <sup>2</sup> Quinn, P.O. (2005). Treating adolescent girls and women with ADHD: Gender-specific issues. *Journal of Clinical Psyhcology*, *61*(5), 579-587. https://doi.org/10.1002/jclp.20121
- <sup>3</sup> Kooij, J.J.S., Biklenga, D., Salerno, L., Jaeschke, R., Bitter, I., Balázs, J., ... & Asherson, P. (2019). Updated European Consensus Statement on diagnosis and treatment of adult ADHD. *European Psychiatry*, 56(1), 14-34. https://doi.org/10.1016/j.eurpsy.2018.11.001
- <sup>4</sup> Nussbaum, N.L. (2012). ADHD and female specific concerns: A review of the literature and clinical implications. *Journal of Attention Disorders*, 16(2), 87-100. https://doi.org/10.1177/1087054711416909
- <sup>5</sup> Haimov-Kochman, R. & Berger, I. (2014). Cognitive functions of regularly cycling women may differ throughout the month, depending on sex hormone status; A possible explanation to conflicting results of studies of ADHD females. *Frontiers in Human Neuroscience*, 8, 1-6. https://doi.org/10.3389/fnhum.2014.00191
- <sup>6</sup> Camara, B., Padoin, C., & Bolea, B. (2021). Relationship between sex hormones, reproductive stages and ADHD: A systematic review. *Archives of Women's Mental Health*. https://doi.org/10.1007/s00737-021-01181-w
- <sup>7</sup> Littman, E., Dean, J.M., Wagenberg, B., & Wasserstein, J. (2021). ADHD in females across the lifespan and the role of estrogen. *The ADHD Report, 29*(5), 1-8. https://doi.org/10.1521/adhd.2021.29.5.1
- <sup>8</sup> Smith, A.C. & Smilek, D. (in prep). Examining the relation between oral contraceptive use and attention in everyday life.
- <sup>9</sup> Raymond, C., Marin, M-F., Juster, R-P., Leclaire, S., Bourdon, O., Cayer-Falardeau, S., & Lupien, S.J. (2019). Increased frequency of mind wandering in healthy women using oral contraceptives. *Psychoneuroendocrinology*, *101*, 121-127. https://doi.org/10.1016/j.psyneuen.2018.11.005
- <sup>10</sup> Warren, A.M., Gurvich, C., Worsley, R., & Kulkarni, J. (2014). A systematic review of the impact of oral contraceptives on cognition. *Contraception*, 90(2), 111-116. https://doi.org/10.1016/j.contraception.2014.03.015
- <sup>11</sup> Boutot, M. (2017, January 5). Hormonal contraceptives and your body: How does birth control work? Retrieved from https://helloclue.com/articles/sex/cycle-science-hormonal-contraceptionand-your-body

- <sup>12</sup> Kessler, R.C., Adler, L.A., Gruber, M.J., Sarawate, C.A., Spencer, T., & van Brunt, D.L. (2007). Validity of the World Health Organization Adult ADHD Self-Report Scale (ASRS) Screener in a representative sample of health plan members. *International Journal of Methods in Psychiatric Research, 16*(2), 52-65. https://doi.org/10.1002/mpr.208
- <sup>13</sup> Carriere, J.S.A., Seli, P., & Smilek, D. (2013). Wandering in both mind and body: Individual differences in mind wandering and inattention predict fidgeting. *Canadian Journal of Experimental Psychology*, 67(1), 19-31. https://doi.org/10.1037/a0031438
- <sup>14</sup> Carriere, J.S.A., Cheyne, J.A., & Smilek, D. (2008). Everyday attention lapses and memory failures: The affective consequences of mindlessness. *Consciousness and Cognition*, 17(3), 835-847. https://doi.org/10.1016/j.concog.2007.04.008
- <sup>15</sup> Cheyne, J.A., Carriere, J.S.A., & Smilek, D. (2006). Absent-mindedness: Lapses of conscious awareness and everyday cognitive failures. *Consciousness and Cognition*, 15(3), 578-592. https://doi.org/10.1016/j.concog.2005.11.009

## **Extended Results**

Regardless of ADHD diagnosis, MANOVA revealed no significant differences between scores collected during the follicular versus luteal phases of NC women or between scores collected from NC versus OC women. As would be expected, women who reported ADHD diagnoses scored significantly higher overall on the ASRS-S (ADHD symptoms) than women who reported no ADHD diagnoses.

- No ADHD:
  - Phase:
    - Phase  $p = .027^*$
    - Term p = .458 (Fall 2020, Winter 2021)
  - **OC/NC:** 
    - OC *p* = .165
    - Term p = .485
  - \* Main effect of phase driven by a difference between follicular/luteal in MWS (more MWS in luteal than in follicular). However, this effect was not observed when controlling for multiple comparisons.
- ADHD:
  - Phase:
    - Phase p = .897
    - Term p = .323
  - OC/NC:
    - OC *p* = .608
    - Term p = .288









