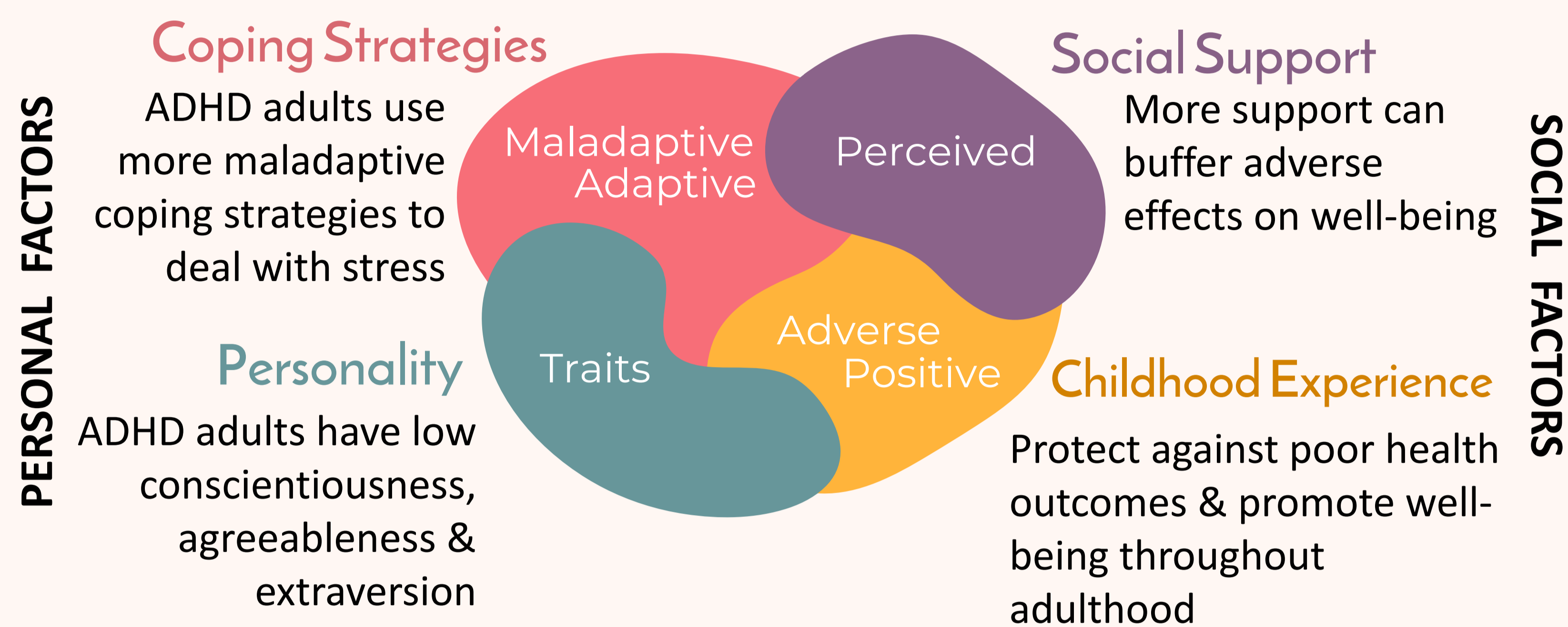




## BACKGROUND

Currently, there are more adults (~176 million) than children (~130 million) worldwide living with attention-deficit/hyperactivity disorder (ADHD; CHADD, 2023). In the adult population, symptoms of ADHD have been associated with serious impairment in a variety of domains such as social functioning, education attainment and career success (Biederman et al., 1998). Despite the observed deficits, individuals have the capability to thrive in personal and professional domains. Identifying risk factors in symptomatic individuals can help highlight areas that warrant attention to mediate harmful effects on daily functioning. Understanding protective factors which can contribute to high functioning in symptomatic individuals has the potential to overcome disorder stigma, promote wellbeing and offers a new perspective that can help inform interventions (Wood & Tarrier, 2010).

### PREDICTORS OF INTEREST



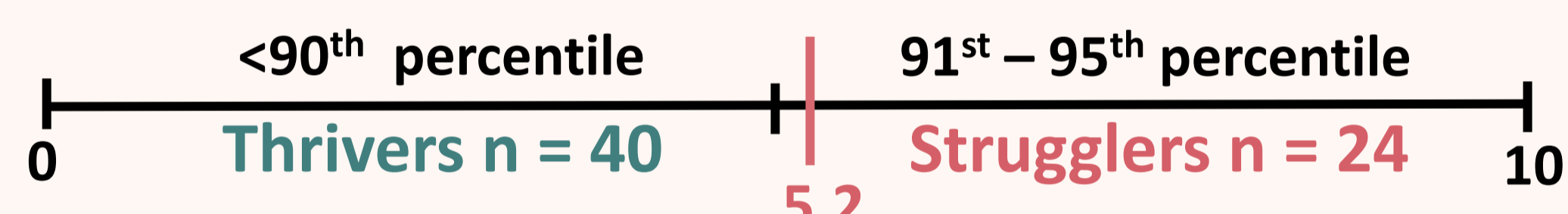
## AIM

To determine what personal and social factors describe people who are thriving versus struggling with ADHD

## METHOD

Individuals were eligible if they were (a) over 18 years of age and (b) diagnosed with ADHD. Total sample size **N=64**.

- PART 1:** Participants were grouped into Thrivers and Strugglers using Barkley Functional Impairment Scale (BFIS) (captures functioning in household, family, occupational, community, academic, health, and social life)



- PART 2:** Independent samples t-tests were used to compare the strugglers and thrivers on our predictors of interest
- PART 3:** Binary logistic regression was used to see how well our variables predicted belonging to the thriver or the struggler group after adjusting for depression and ADHD symptoms as potential confounds

## RESULTS

TABLE 1. Independent samples t-test results

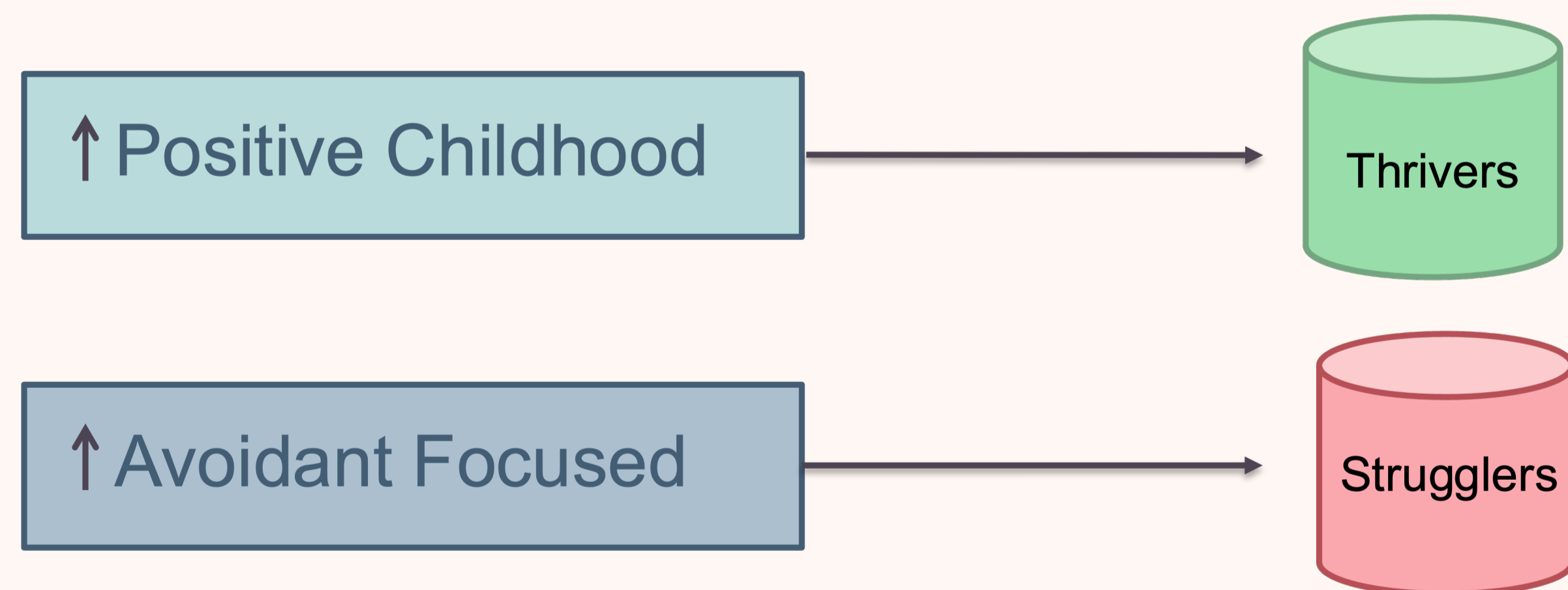
CONTROLS & PREDICTORS	THRIVERS	STRUGGLERS	t	p
Depression: PHQ-9	10.93 (5.73)	16.17 (5.39)	-3.62	<.001*
ADHD Severity: BAARS-IV	42.80 (8.80)	51.88 (7.16)	-4.27	<.001*
<b>Personality: HEXACO</b>				
Honesty Humility	36.26 (8.16)	35.62 (5.74)	0.32	.754
Emotionality	33.68 (6.46)	35.50 (7.53)	-1.01	.316
Extroversion	32.29 (7.45)	28.36 (8.25)	1.93	.058
Agreeableness	29.24 (6.81)	28.75 (7.76)	0.26	.796
Conscientiousness	33.45 (6.05)	29.83 (5.75)	2.33	.023*
Openness	35.39 (7.47)	35.74 (7.02)	-0.18	.859
<b>Social Support: Interpersonal Support Evaluation List</b>				
Tangible	22.55 (6.32)	18.42 (6.06)	2.55	.013*
Appraisal	21.05 (8.27)	17.50 (8.35)	1.64	.106
Self Esteem	17.73 (4.93)	14.04 (6.19)	2.58	.012*
Belonging	19.42 (5.95)	14.54 (6.90)	2.96	.004*
<b>Coping: Brief Coping Orientation to Problems Experiences Inventory</b>				
Problem Focused	21.80 (3.91)	19.50 (5.48)	1.80	.080
Emotional Focused	29.35 (4.88)	29.17 (4.93)	0.15	.885
Avoidant Focused	14.08 (3.67)	18.00 (3.44)	-4.24	<.001*
<b>Childhood Experiences</b>				
Positive: PCE Score	2.82 (1.78)	1.63 (1.21)	2.88	.006*
Adverse: ACE Score	3.92 (2.75)	5.00 (3.16)	-1.06	.296

### THRIVERS HAD:

- Higher conscientiousness
- More positive childhoods
- More tangible, self-esteem & belonging support
- Less avoidant coping strategies
- Lower ADHD scores
- Less depression

## PRIMARY FINDINGS

Figure 2. Visual summary of significant results showing probability of being a struggler or thriver for significant predictors.



- As an individual increases by one unit in **positive early childhood experiences**, on average they are **2.4 times** as likely to be a **thriver**.
- As an individual increases by one unit in **avoidant focused coping**, on average they are **1.3 times** as likely to be a **struggler**.

TABLE 2. Binary logistic regression results

PREDICTOR	b	aOR (T)	aOR (S)	p
Conscientiousness	.050	1.051	0.951	.583
Tangible	-.042	0.959	1.043	.670
Self-Esteem	.014	1.014	0.986	.897
Belonging	.136	1.145	0.873	.226
Avoidant Focused	-.282	0.754	1.326	.029*
Positive Experiences	.861	2.365	0.423	.022*

Note. Positive values indicate probability of being a thriver. aOR (T) = adjusted odds ratio for Thrivers and aOR (S) is for Strugglers. aOR adjusted for depression and ADHD symptom severity.

## DISCUSSION & CONCLUSION

- Facilitating positive early childhood experiences may be particularly important for ADHD individuals.** Intervening in families to promote community involvement, safety and positive parenting is likely to have life-long positive impacts on individuals with ADHD.
- Avoidant-focused coping was a significant predictor of struggler status.** Targeting maladaptive appraisal processes and changing them into adaptive coping strategies may help foster better adaptive coping skills to manage stress.
- Our results call for **the importance of a strength-based approach** which highlights how **protective factors may offset negative effects even when multiple risks factors are present** and thus may be key to increasing resilience and daily functioning in adults with ADHD.