



Dr Anthony
MANDER

ADHD Newsletter 4 ADHD and Driving

Did you know that ADHD confers an almost 50% increased risk of serious crash injuries in untreated Men?

Safe driving requires situational awareness, a combined implementation of skills and traits that include attending to the driving task, focusing on relevant hazards, being aware of traffic and road conditions and responding appropriately.

Deficits in attention and impulse control put patients with attention-deficit hyperactivity disorder (ADHD) at increased crash risk. Consistent ADHD medication use and ensuring therapeutic levels while driving, can reduce this risk.

The landmark population-based study of Chang et al (2014) has been reviewed by Winston & Romer (2014). This showed that for adult men, injuries were 58% less likely when on medication compared with when off medication; for motorcyclists, on medication injuries were 90% less likely. Among women with ADHD, no evidence of

reduction in crashes with medication was found.

Future prospective studies of ADHD and crashes among adult men between the ages of 18 and 45 years should, according to the reviewers, be considered unethical if a non-treatment control group is included. Priority should be given to developing effective strategies for assessing and managing driving, especially among men and adolescents with ADHD.

Based on these findings, and given the high burden of crashes, the lead reviewer stated she would change her practice to further prioritise assessment and management of driving among her patients. She would ensure that all men with ADHD were optimally treated with medication. *My only comment about that is that this should be our aim for all patients in any case.*

I stress to my patients the need to take their medication daily as driving is the most dangerous routine task most of us undertake

Chang, Z., Lichtenstein, P., D'Onofrio, B.M. et al (2014). Serious transport accidents in adults with attention deficit/hyperactivity disorder and the effect of medication: a population-based study. *JAMA Psychiatry* 71, 319-25

Winston, F. & Romer, D. (2014). Medication reduces crash risk amongst men with ADHD. *Evidence Based Mental Health* 17,102.

From: Dr Tony Mander, Consultant Psychiatrist, PO Box 4059, Woodlands 6018

Ph (08) 9386 7855, Fax (08) 9386 7466, E: reception@drtonymander.com W: www.tonymander.com.au

Tony has over 30 years' experience in psychiatry and specialises in the treatment of adults with AD(H)D using Telepsychiatry