



Vrouwspecifieke Behandeling van ADHD



Kenniscentrum
ADHD bij volwassenen en ouderen



PsyQ
PSYCHO-MEDISCHE PROGRAMMA'S



SPV Regiobijeenkomst NH West
28-11-2024
Maxime de Jong MD MA,
Cultural Analyst | PhD-kandidaat

Disclosure belangen

M. de Jong

(Potentiële) Belangenverstrengeling

Geen

Voor bijeenkomst mogelijk relevante relaties met bedrijven

Geen

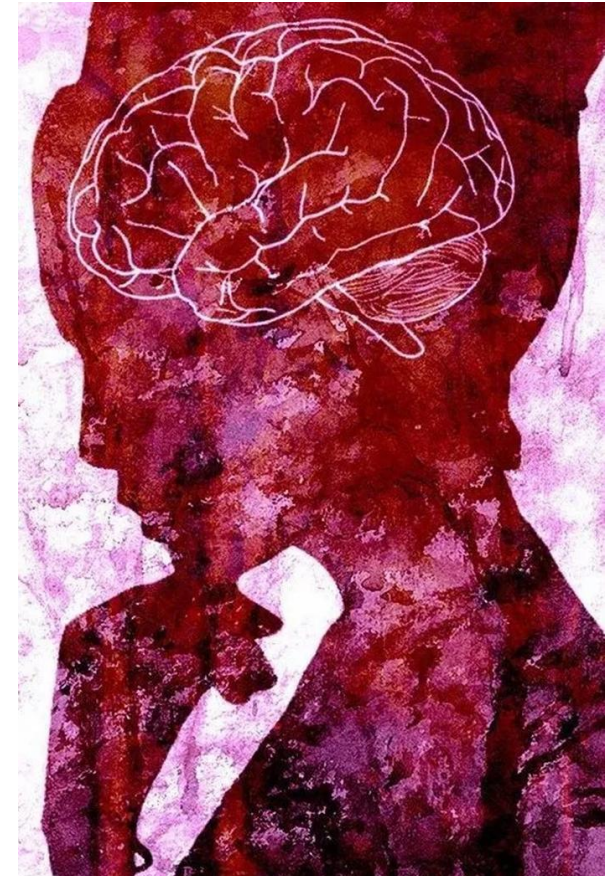
Sponsoring of onderzoeksgeld

Geen

Honorarium of andere (financiële) vergoeding

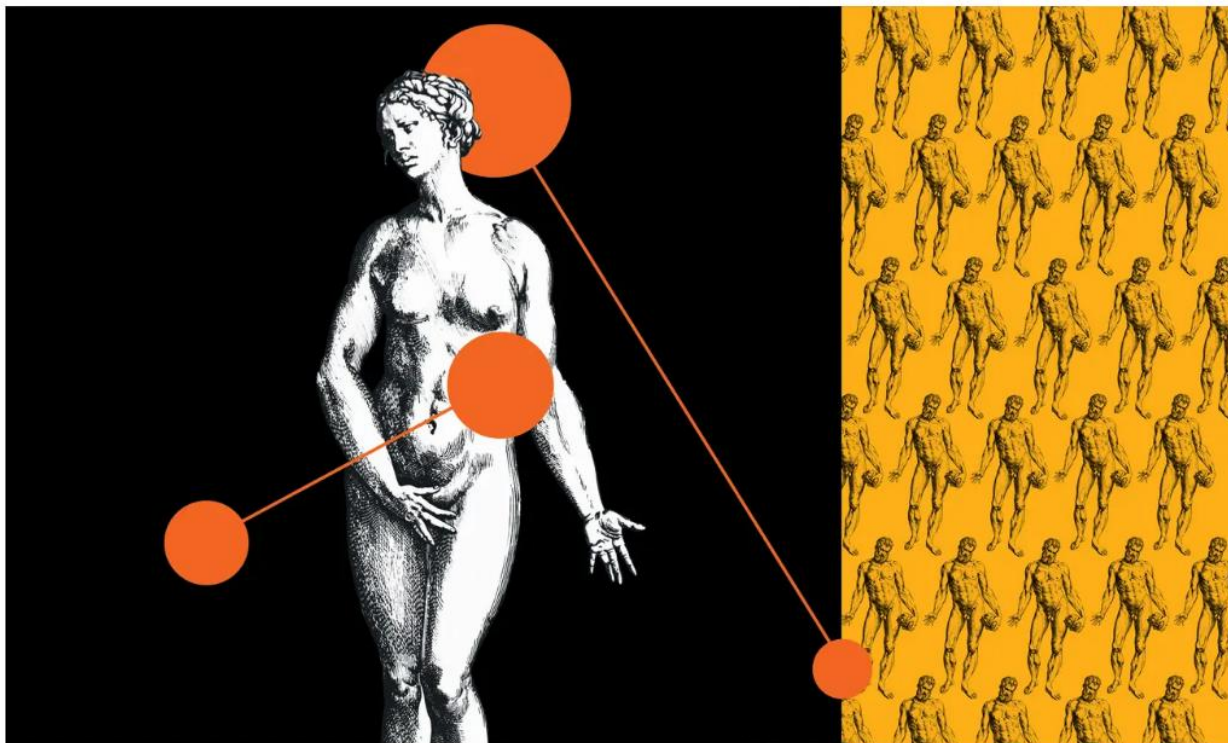
Aandeelhouder

Andere relatie, namelijk ...



It is a Man's World

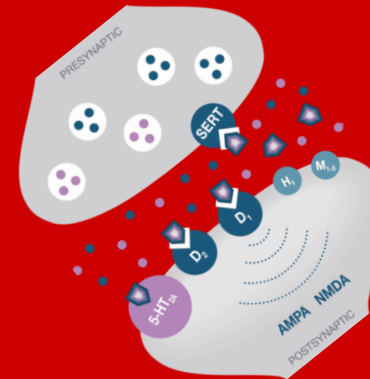
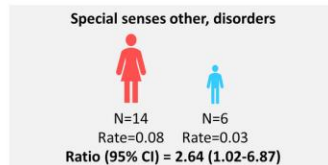
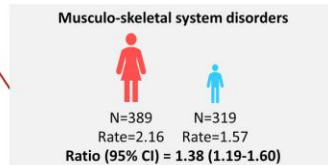
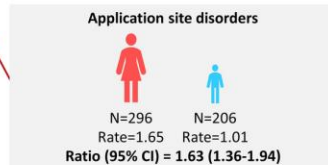
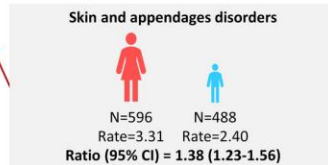
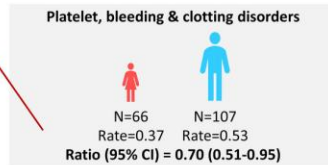
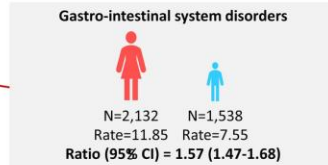
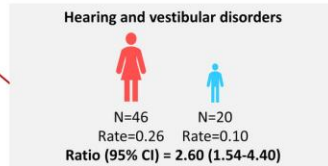
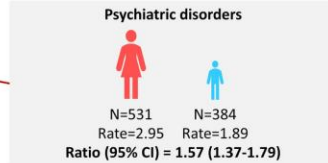
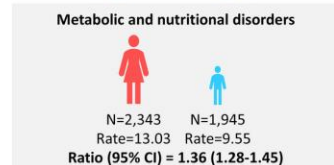
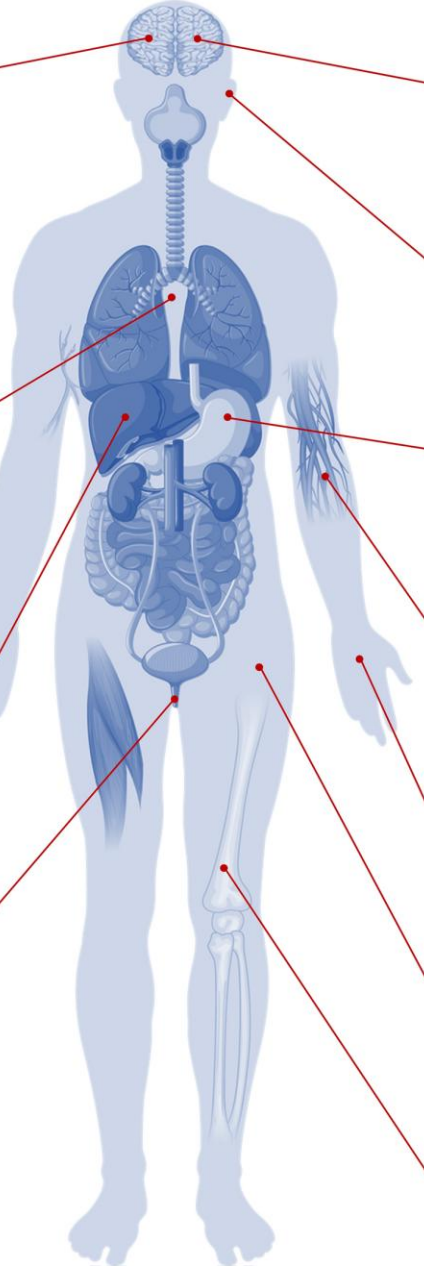
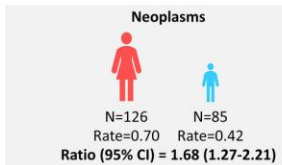
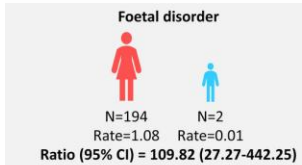
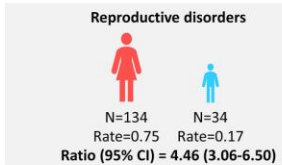
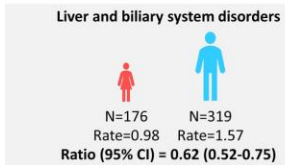
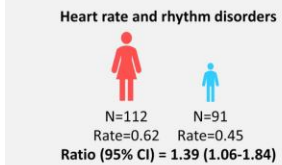
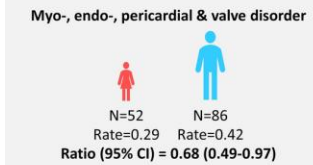
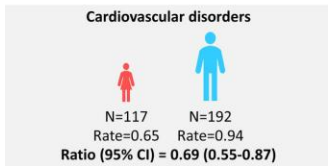
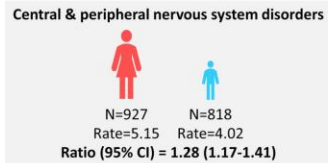
The female problem: how male bias in medical trials ruined women's health



📷 'For much of history, women have been excluded from medical and science knowledge production,' says Dr Kate Young. Composite: Getty

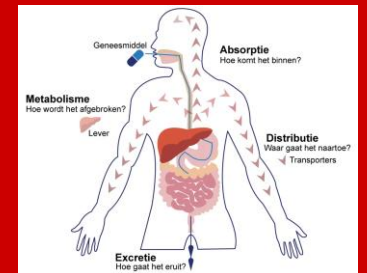
Centuries of female exclusion has meant women's diseases are often missed, misdiagnosed or remain a total mystery

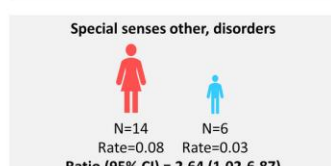
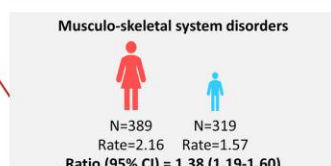
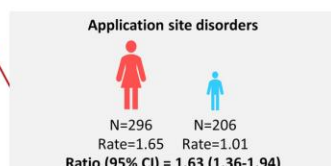
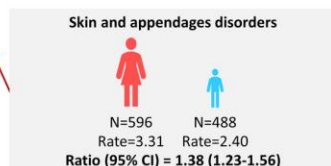
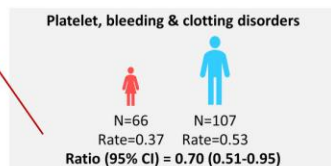
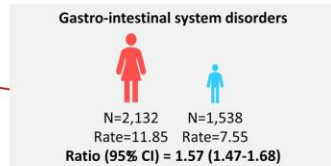
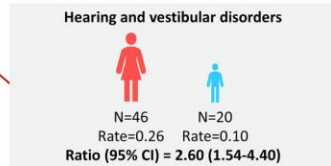
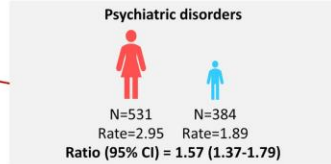
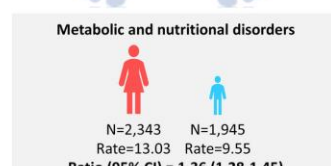
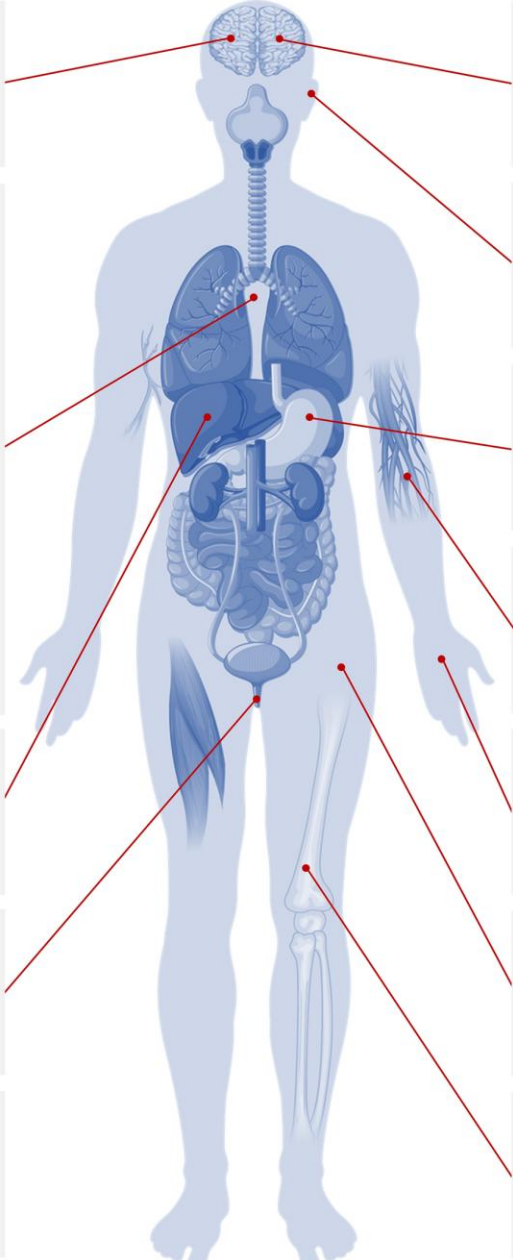
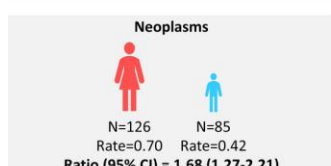
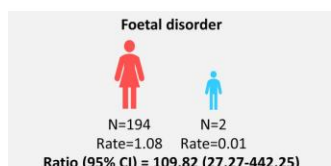
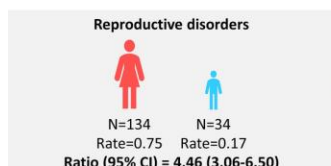
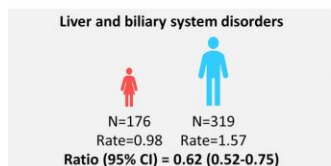
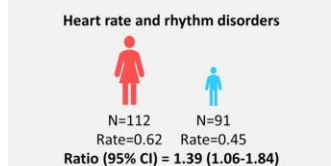
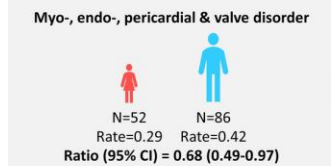
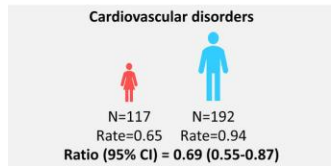
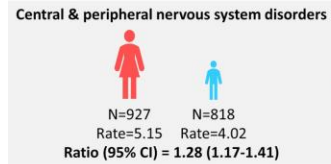
Vrouwen zijn
geen kleine
mannen ...



Farmacodynamiek

Farmacokinetiek





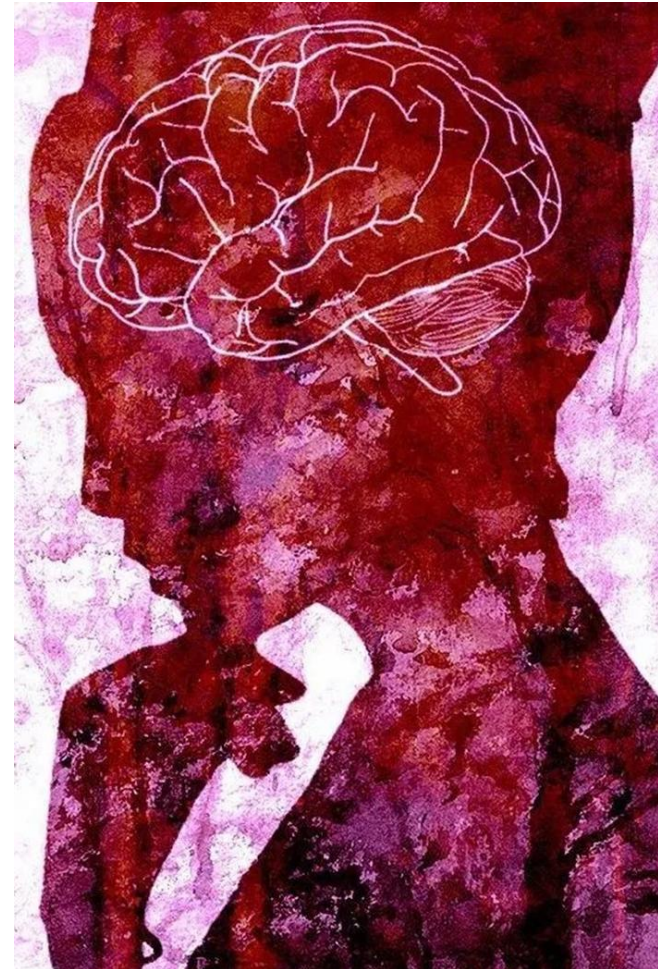
Bijwerkingen

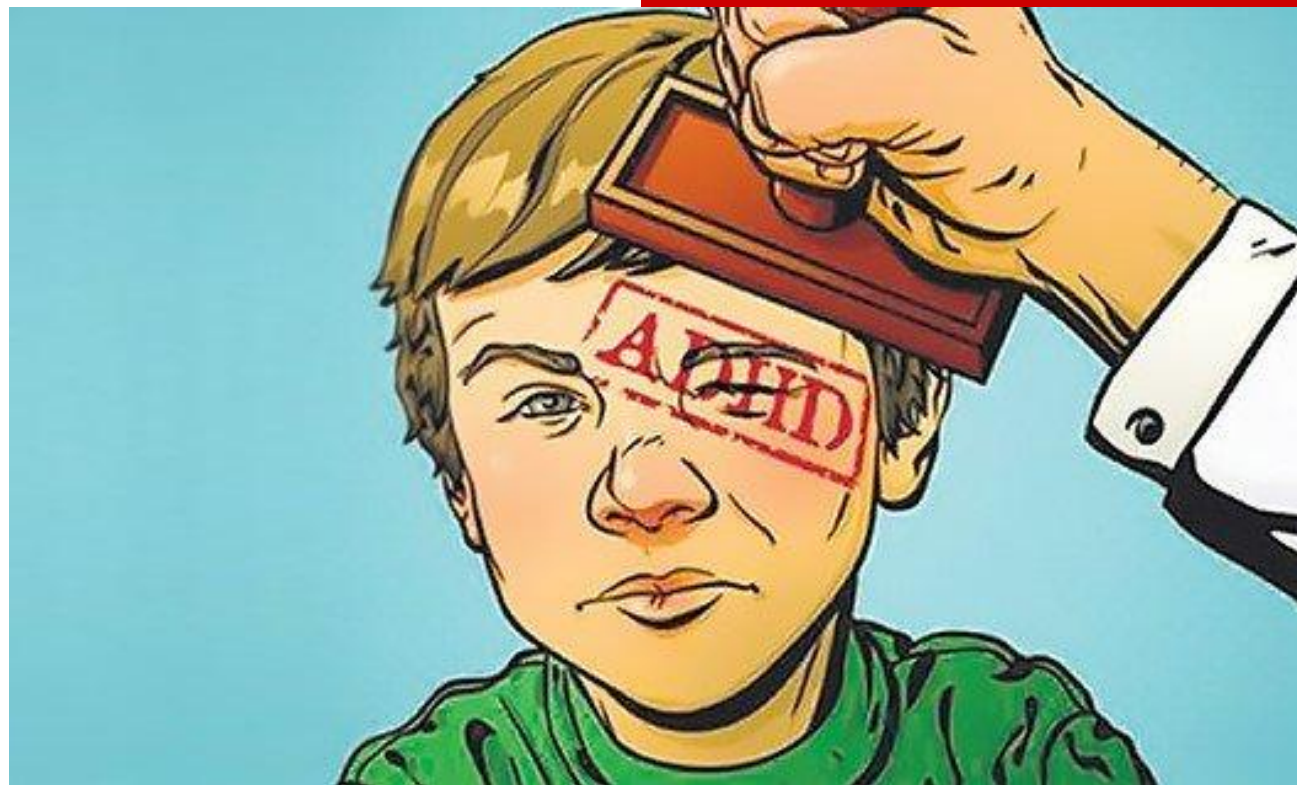
Vrouwen hebben ruim
1,5 keer hoger risico op
bijwerkingen

- elk type medicatie
- elk soort medisch probleem

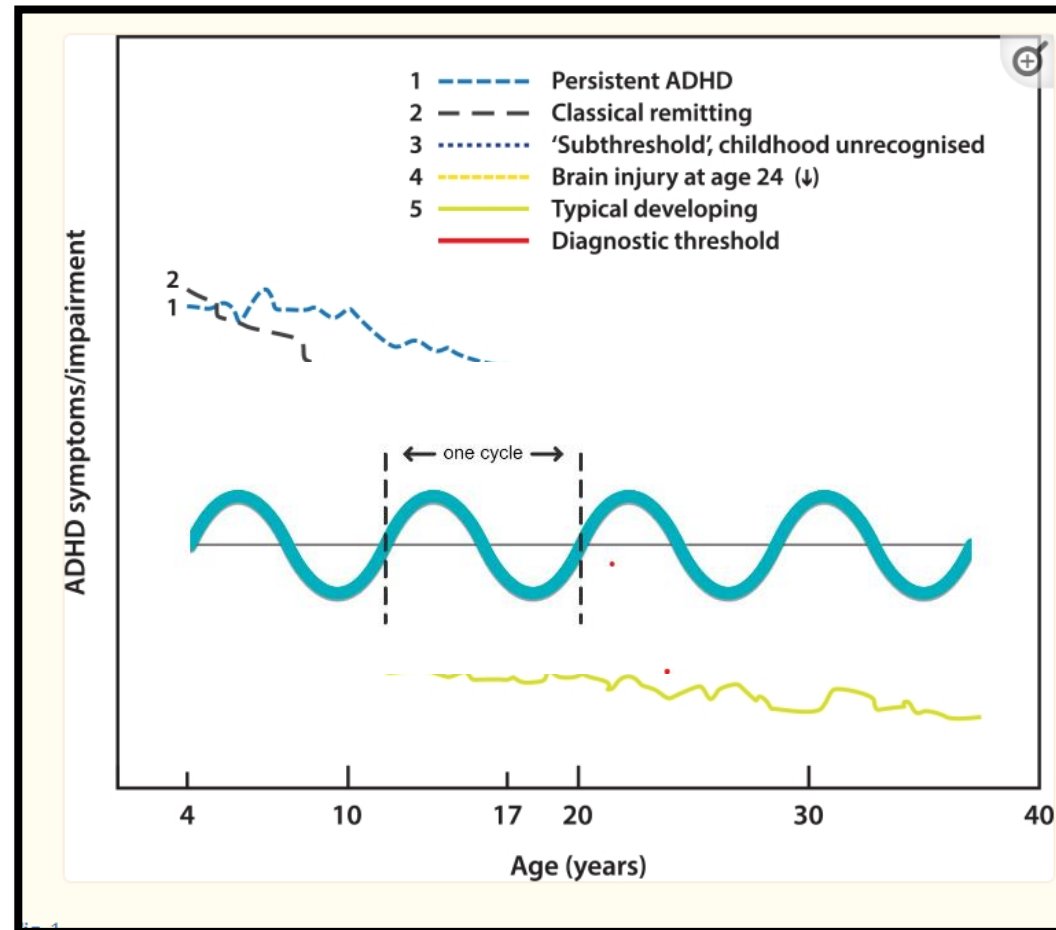
Vandaag

- Introductie
- ADHD en hormonen
- Farmacotherapie
- Vrouwengroep
- Hoe verder?



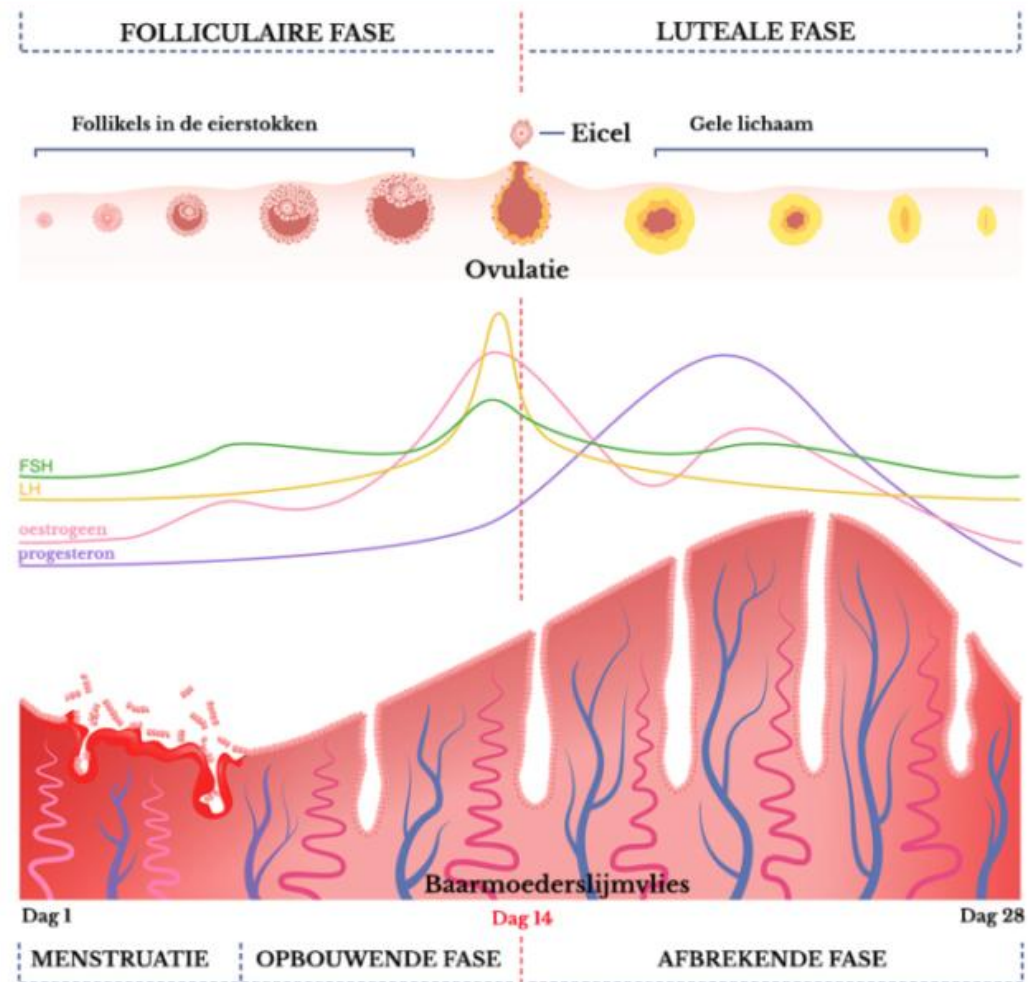


Waar te beginnen?



(Franke et al., 2018)

De Cyclus



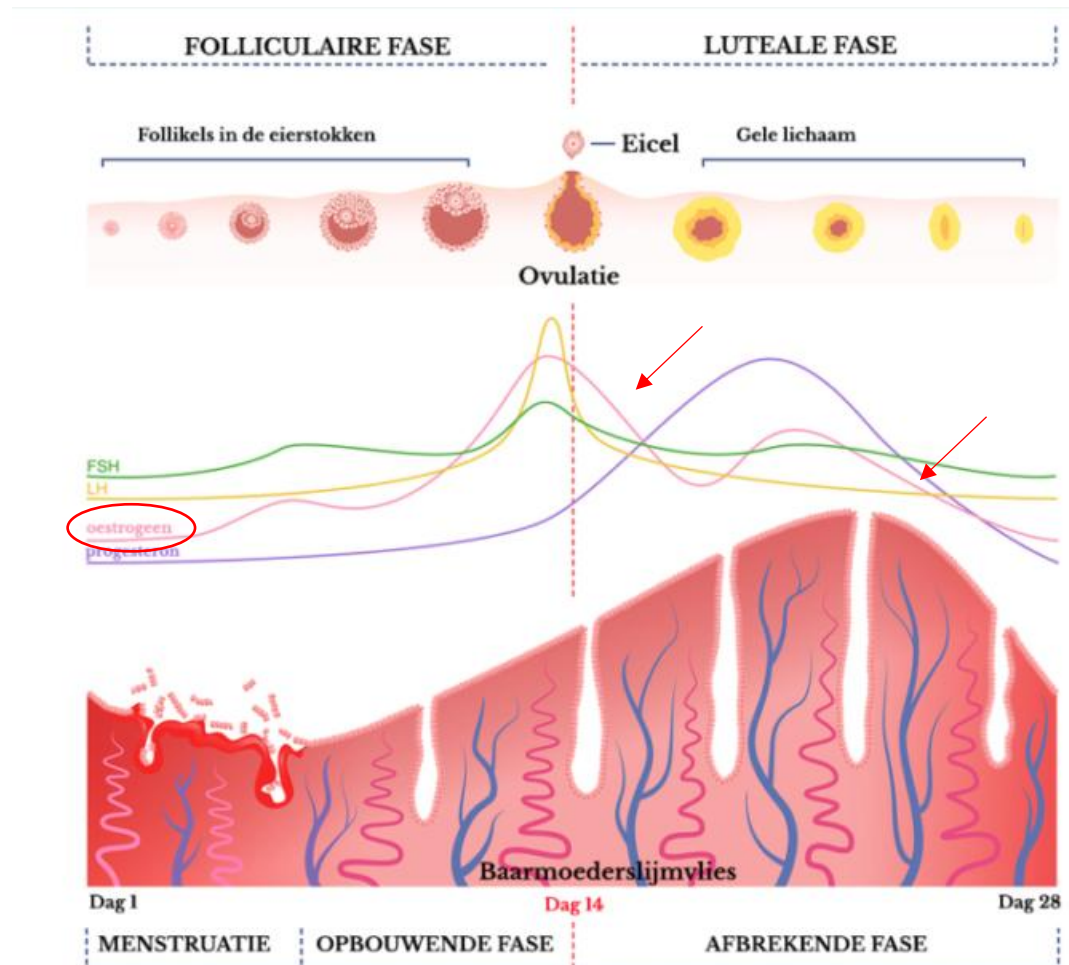
ADHD en Hormonen

Invloed van hormonen

- Vaker
- Erger

Bij vrouwen met ADHD

➔ Waarom?



Take Home

Vrouwen met **ADHD** adequaat behandelen ?

Vergeet de **cyclus** niet!



Take Home

Vrouwen met **ADHD** adequaat behandelen ?

Vergeet de **cyclus** niet!



ADHD Behandeling

Farmacotherapie
en
Non-farmacotherapie



Farmacotherapie

Case Series

Vrouwen vertellen dat

- ADHD medicatie **niet werkt** in de luteale fase
- Zij zelf de doseringen vóór de menstruatie **verhogen**
- Beschrijving van 9 vrouwen met ADHD & PMS klachten
- Effect van hogere dosering op stemmings-, ADHD- en fysieke klachten



Case Series

Wat: Verhoging van 30-50%

Wanneer: 3 tot 10 dagen voorafgaand aan menses

Tot: 0 tot 5 dagen na start menses

Effect: Premenstruele verbetering van

- ADHD klachten
- Stemningswisselingen
- Emotionele controle
- Productiviteit

Ondanks verschillen in leeftijd (22-48jr), klachten, type psychostimulans



ADHD Behandeling

Farmacotherapie
en
Non-farmacotherapie



ADHD Behandeling

Farmacotherapie

en

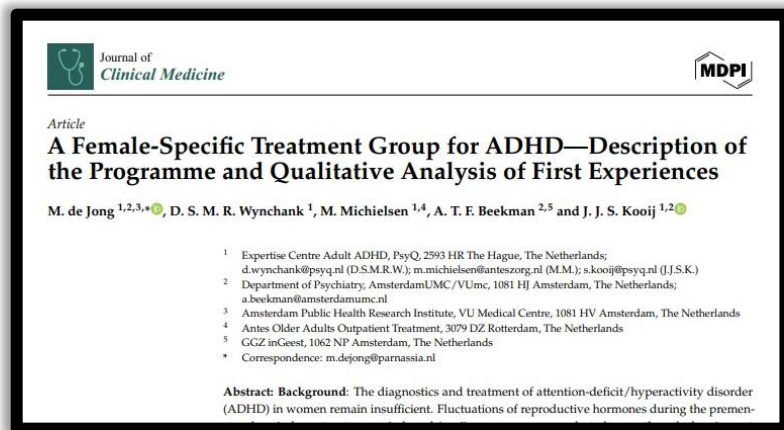
Non-farmacotherapie



Dus, verder?

Actuele studies

- Vrouwengroep
- Case Series – premenstruele medicatie aanpassingen



Kenniscentrum
ADHD bij volwassenen en ouderen



PsyQ Psycho-Medical Programs
Expertise Center Adult ADHD

A Female-Specific Treatment Group for ADHD

Maxime de Jong, MD^{a,b}, Dora Wynchank, MD, PhD^a, Marieke Michielsen, PhD^{a,c}, prof. A.T.F. Aartjan Beekman, MD, PhD^{b,d}, prof. J.J. Sandra Kooij, MD, PhD^{a,b}

^a PsyQ, Expertise Center Adult ADHD, The Hague; ^b Amsterdam UMC, VUMC, Dept. of Psychiatry, Amsterdam; ^c Antes Older Adults Outpatient Treatment, Rotterdam; ^d GGZ inGeest, Amsterdam. All in The Netherlands.

Introduction

Diagnostics and treatment of attention-deficit/hyperactivity disorder (ADHD) in women remain insufficient.¹ Fluctuations of reproductive hormones are neglected, even though they impact ADHD symptoms and associated mood disorders. Therefore, we created a female-specific treatment group for women with ADHD and premenstrual worsening of ADHD and/or mood symptoms.²

The Programme

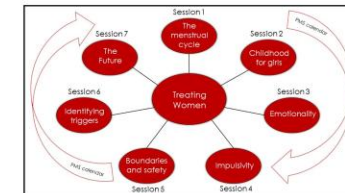


Figure 1: Overview of the themes per session and flow of the first treatment group for women with ADHD

The seven bi-weekly sessions foreground the menstrual cycle and address several ADHD-specific topics in relation to this cyclical pattern. Concurrently, women track their menstrual cycle and (fluctuating) ADHD and mood symptoms with an adjusted premenstrual calendar.

Connecting ADHD (symptoms) and hormonal fluctuations in different life phases was eye-opening, especially when shared with others.

Conclusions

- The menstrual cycle needs to be taken into account in both pharmacological and nonpharmacological treatment.
- Female-specific psychoeducation combined with a tailored treatment plan may enhance adherence and clinical outcome.
- We suggest developing similar groups for perimenopausal and postnatal women with ADHD.

"It does not only influence your [menstrual] cycle, but also other phases in your life, during puberty and later menopause, or after giving birth, and that this is once again so connected with ADHD... it explains a lot, also going back in time"



References

1. Hinshaw, S.P.; Nuygen, P.T.; Grady, S.M.; Rosenthal, E.A. Annual Research Review: Attention-deficit/hyperactivity disorder in girls and women: Underrepresentation, longitudinal processes, and key directions. *J. Child Psychol. Psychiatry* 2022, 63, 484–496.
2. de Jong, M.; Wynchank, D. S. M. R.; Michielsen, M.; Beekman, A. T. F.; & Kooij, J. J. S. (2024). A Female-Specific Treatment Group for ADHD-Description of the Programme and Qualitative Analysis of First Experiences. *Journal of Clinical Medicine*, 13(7), 2106.

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The Evaluation

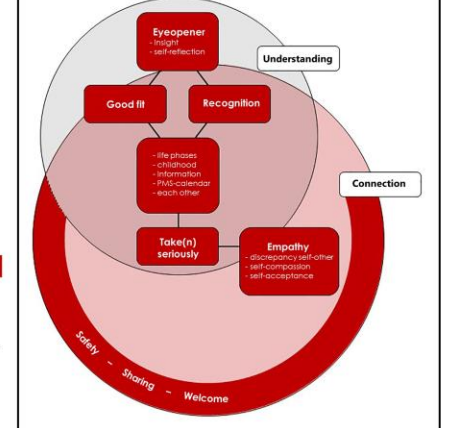
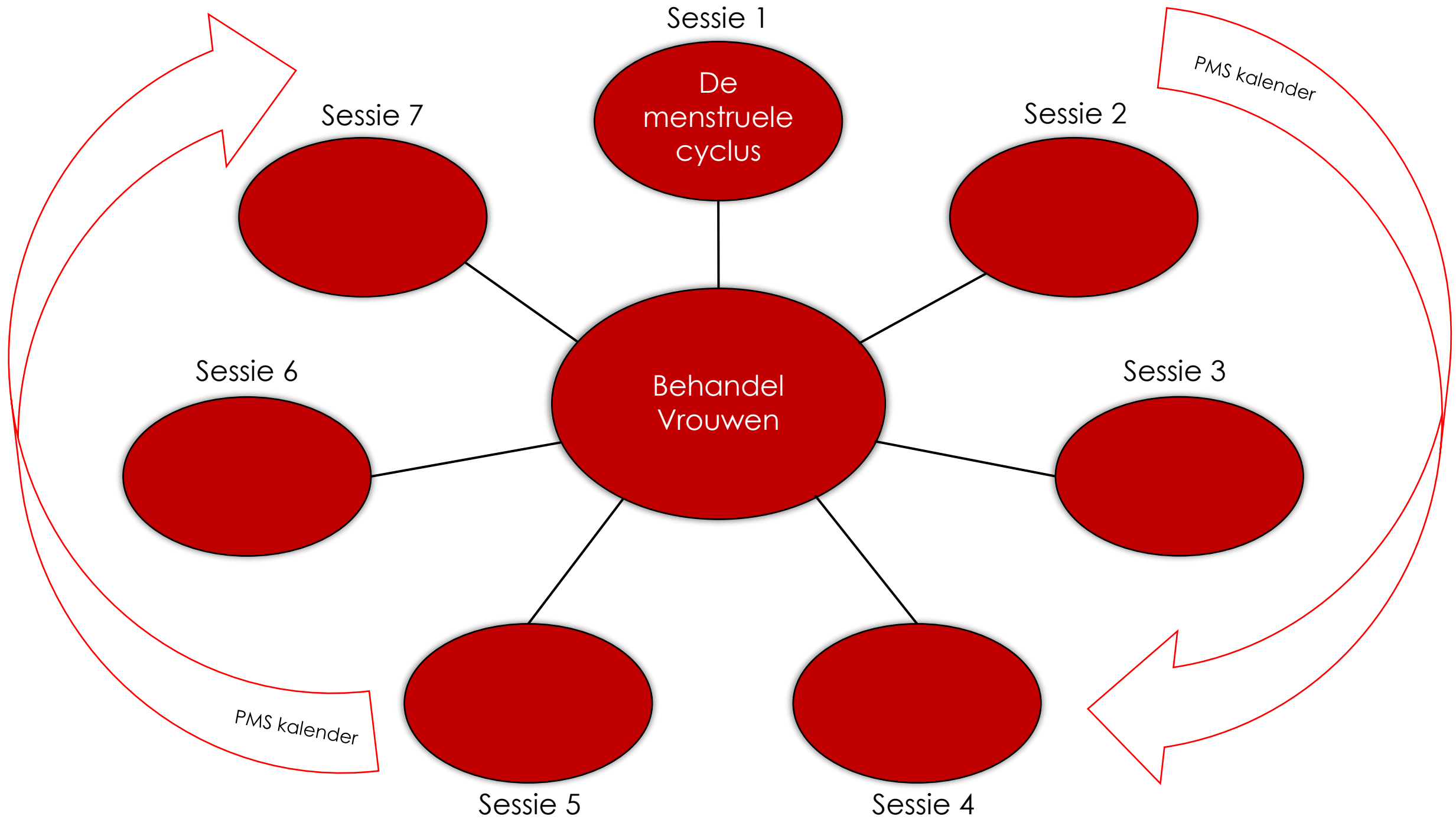


Figure 2: Graphical summary of themes from final evaluation and their interrelationship.

Treating women with ADHD requires consideration of the menstrual cycle.



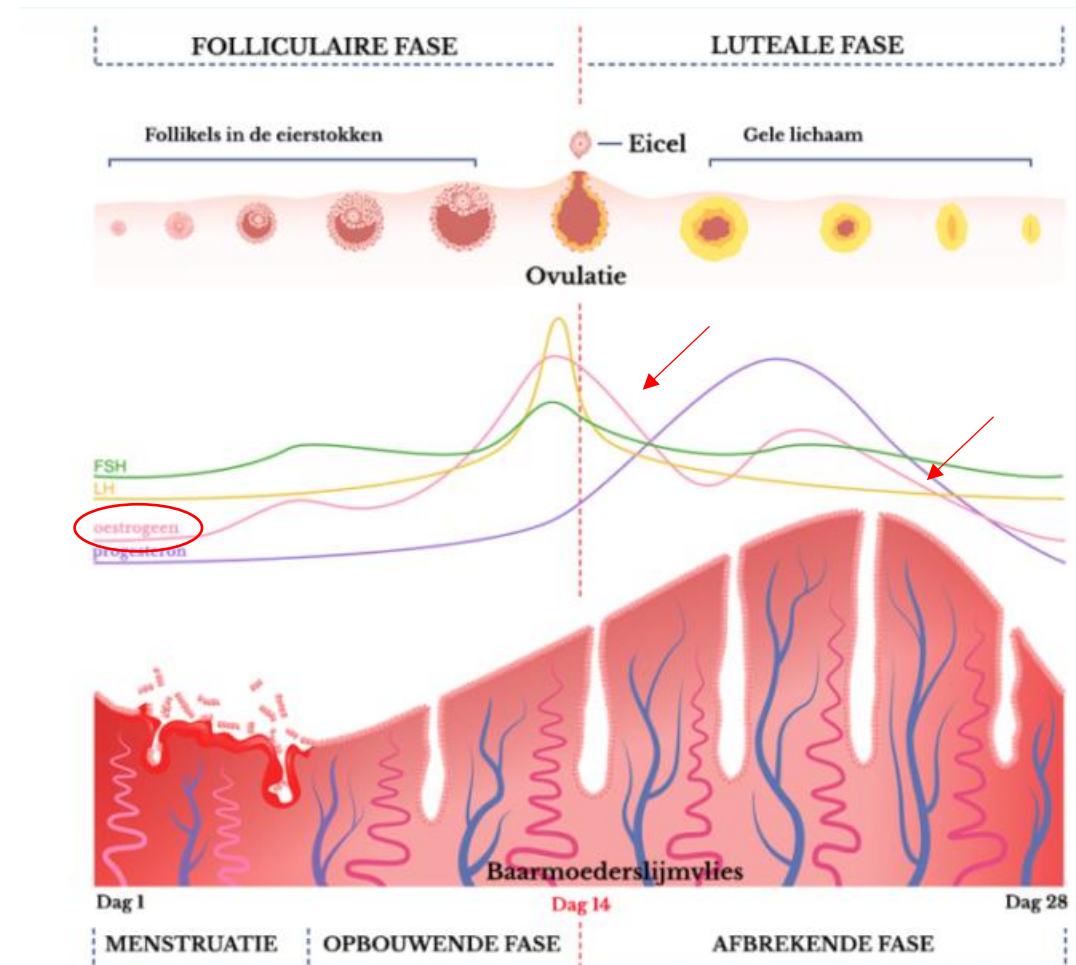
Sessie 1: ADHD & menstruele cyclus

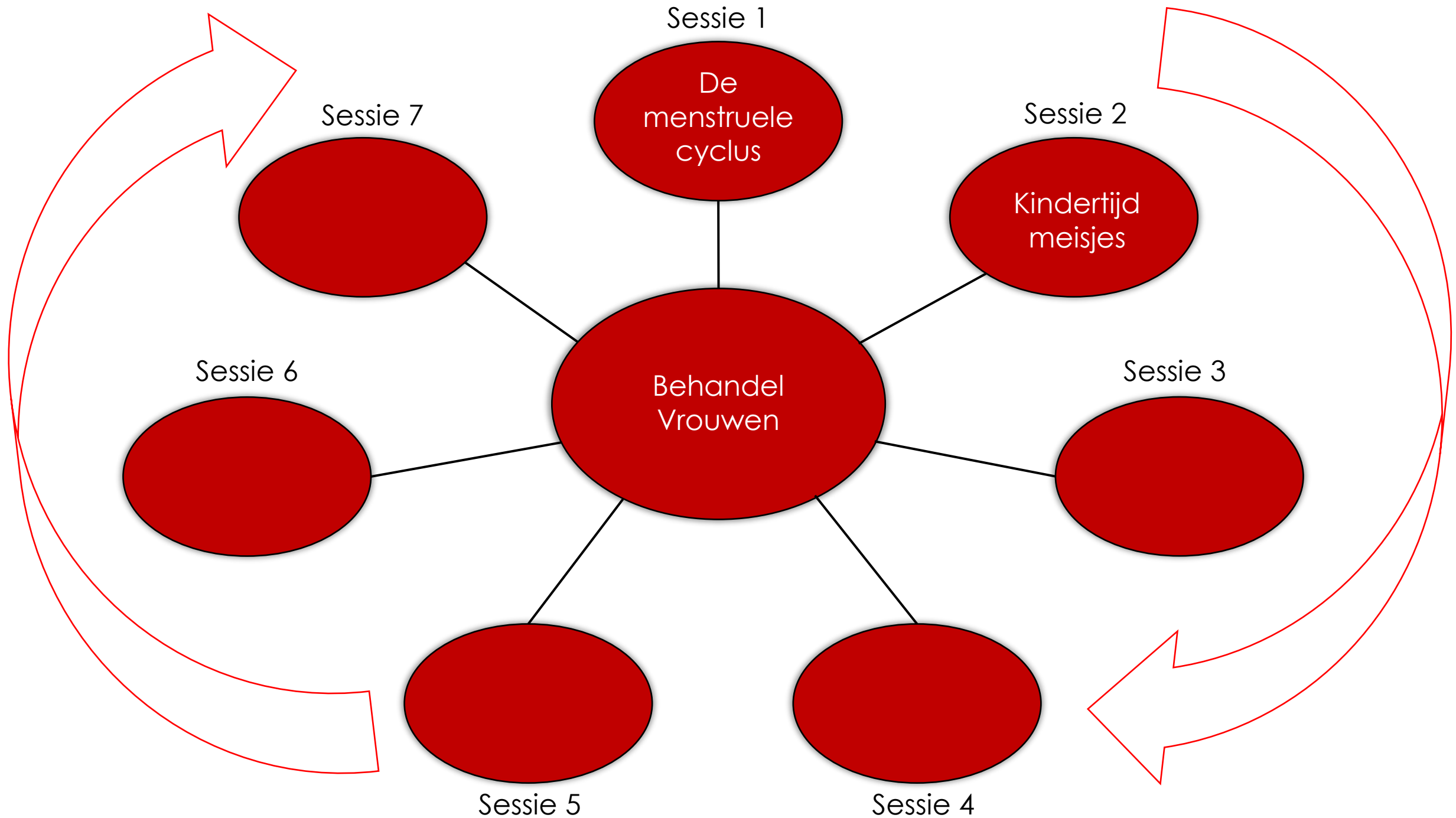
Invloed van hormonen

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Bij vrouwen met ADHD

➔ Waarom?



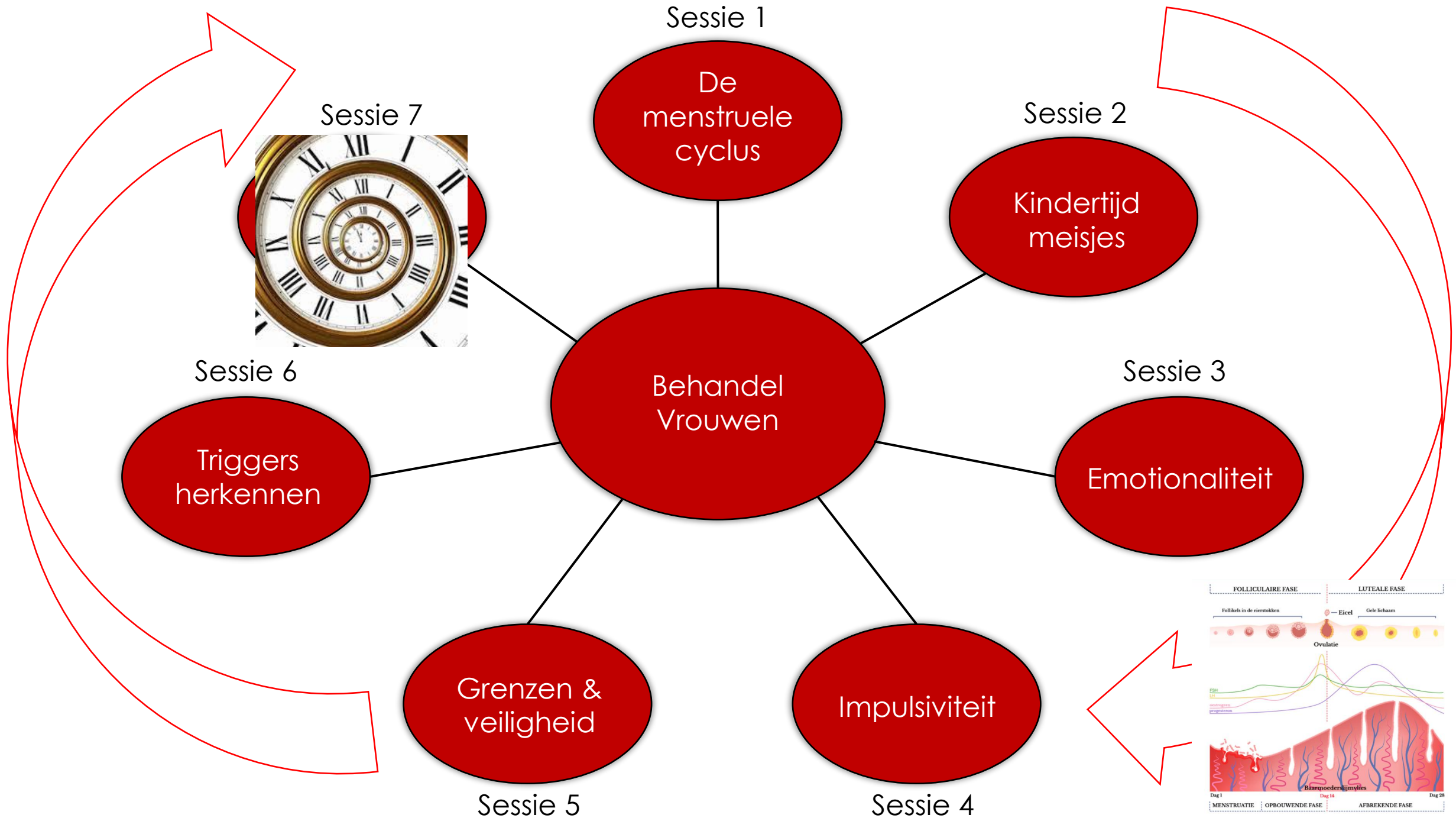


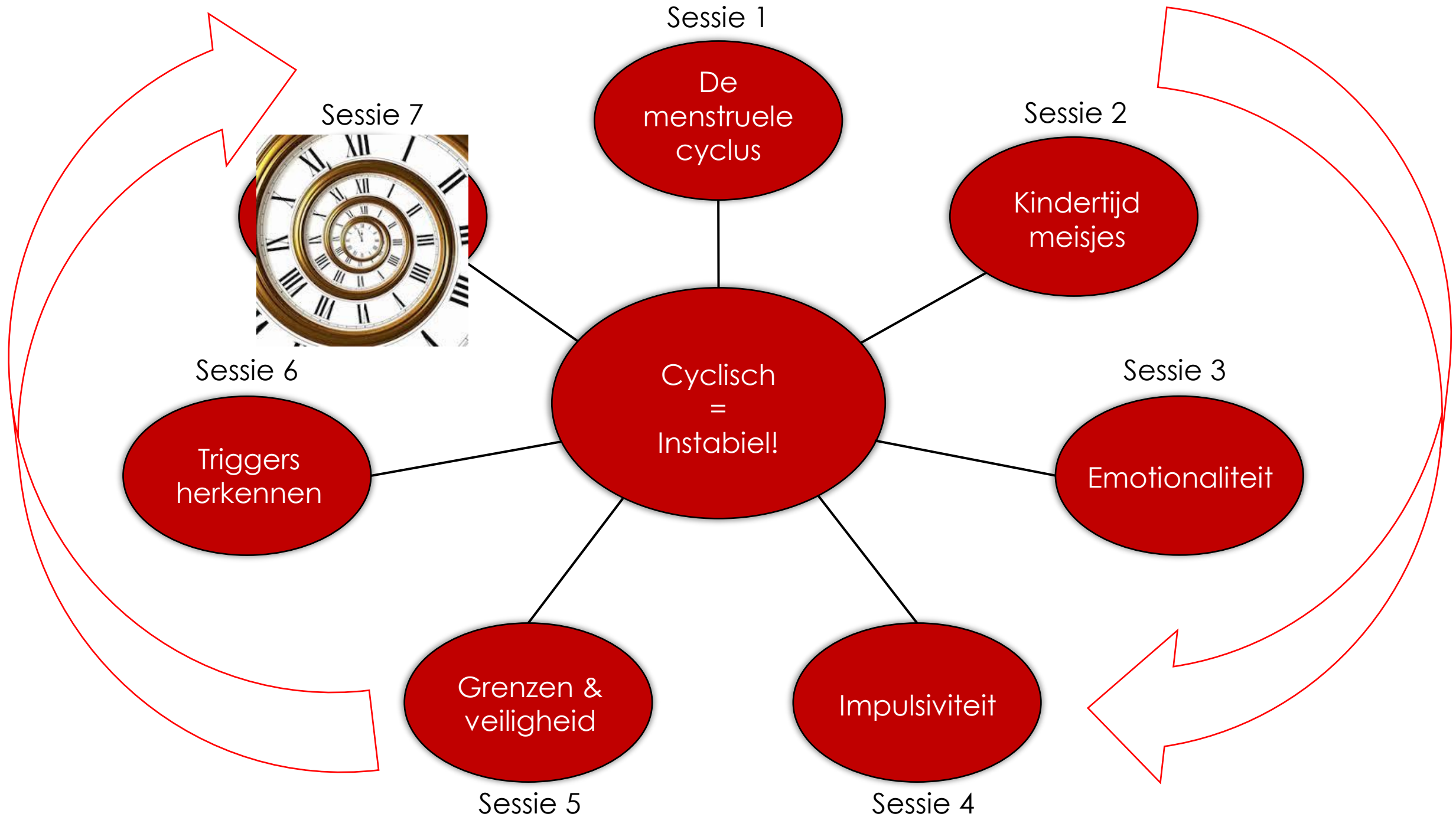
Sessie 2: ADHD in kindertijd bij meisjes

Kindertijd en ontwikkeling

- Meer internaliserend dan externaliserend gedrag
- “Betere” coping strategieën
 - maskeren symptomen, socialisatie
- Diagnose vaak gemist, zeker met comorbide angst of depressie







De eerste groepen

Wanneer: Okt 2022 – Dec 2023

Waar: ISP team ADHD bij volwassenen – PsyQ, Den Haag

Wat: 3 groepen, elk 6 deelnemers

Wie: 18 vrouwen – 25-47 jaar oud

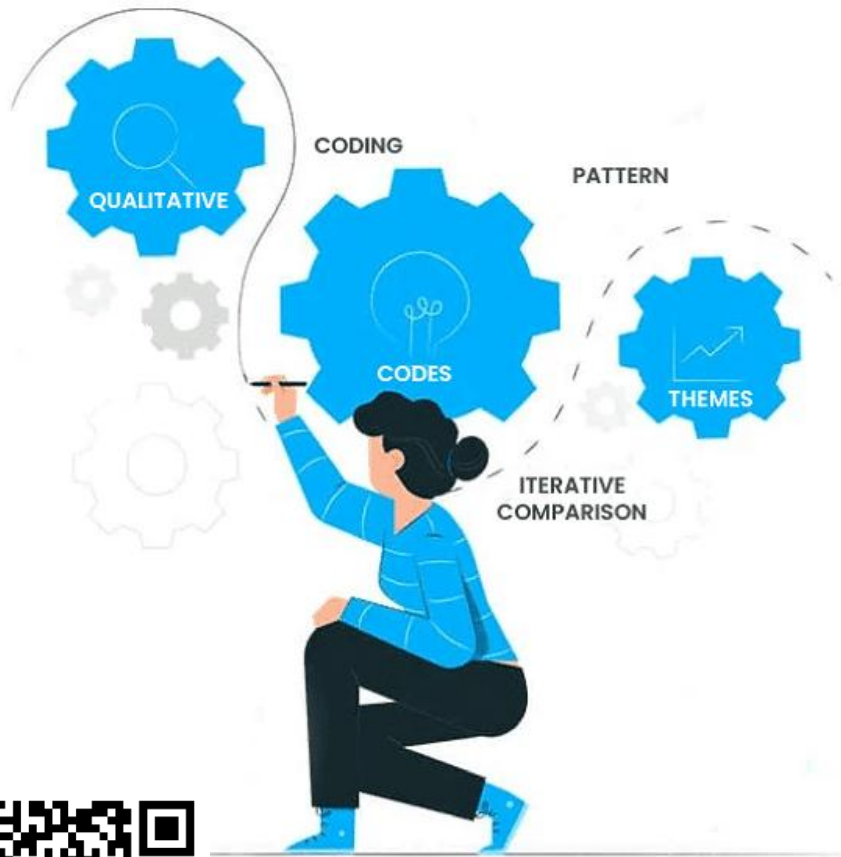
Feedback:

- Relatie met eten
- Positieve kanten ADHD
- Aanpassingen PMS-kalender

→ kwalitatieve analyse eind-evaluatie 3e groep



De evaluatie



Wanneer: Dec 2023

Waar: ISP team ADHD bij volwassenen – PsyQ, Den Haag

Wie: 6 vrouwen – 29-46 jaar oud

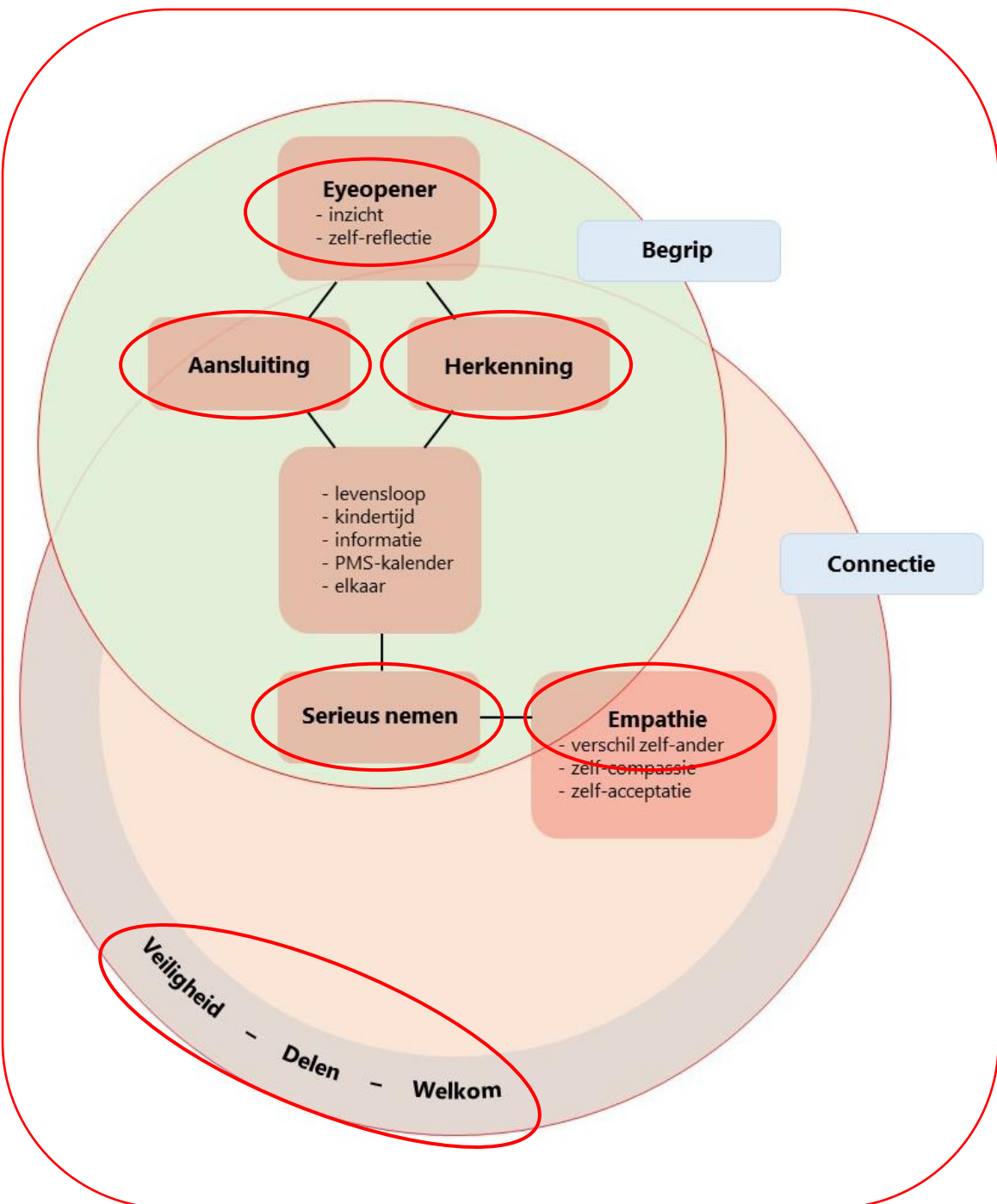
Kwalitatieve analyse:

- Semi-gestructureerd
- Audio-opname
- Verbatim transcript
- Non-verbale communicatie
- Manueel inductief coderen
- Iteratief proces

→ Zes thema's



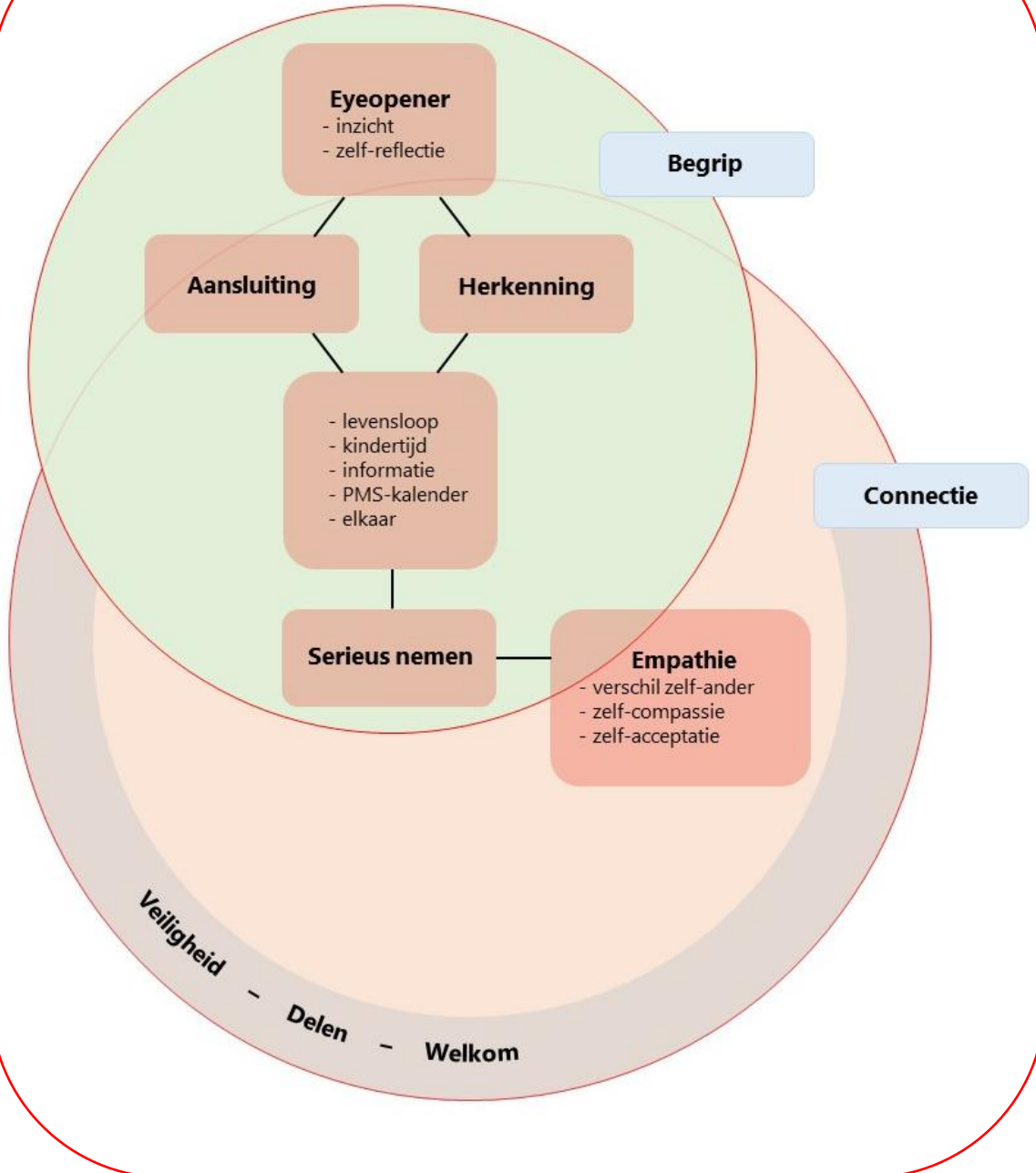
Zes Thema's



- Herkenning
- Aansluiting
- Eyeopener
- Serius nemen
- Empathie
- Veiligheid – Delen - Welkom

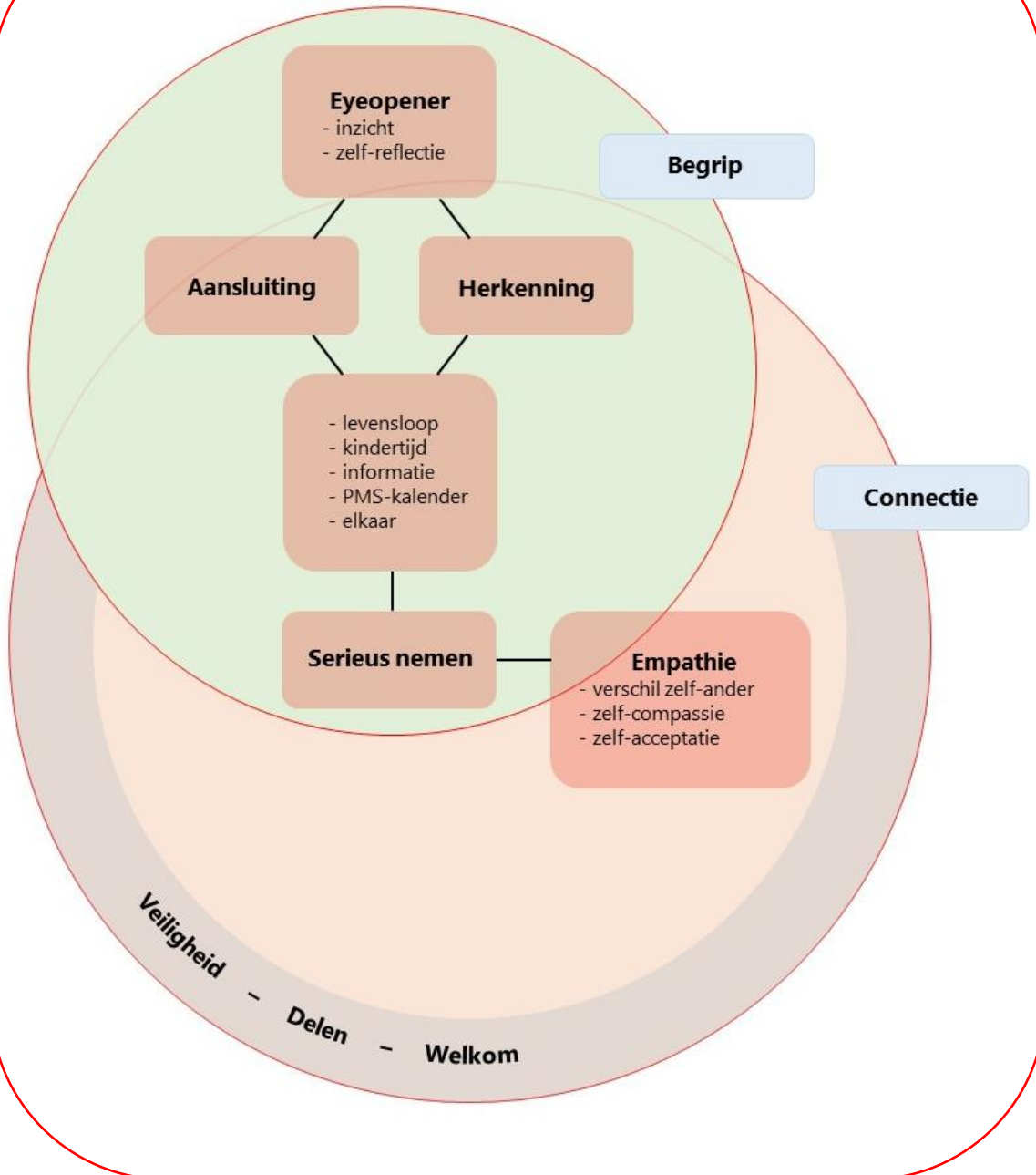
Begrip & Connectie

De evaluatie



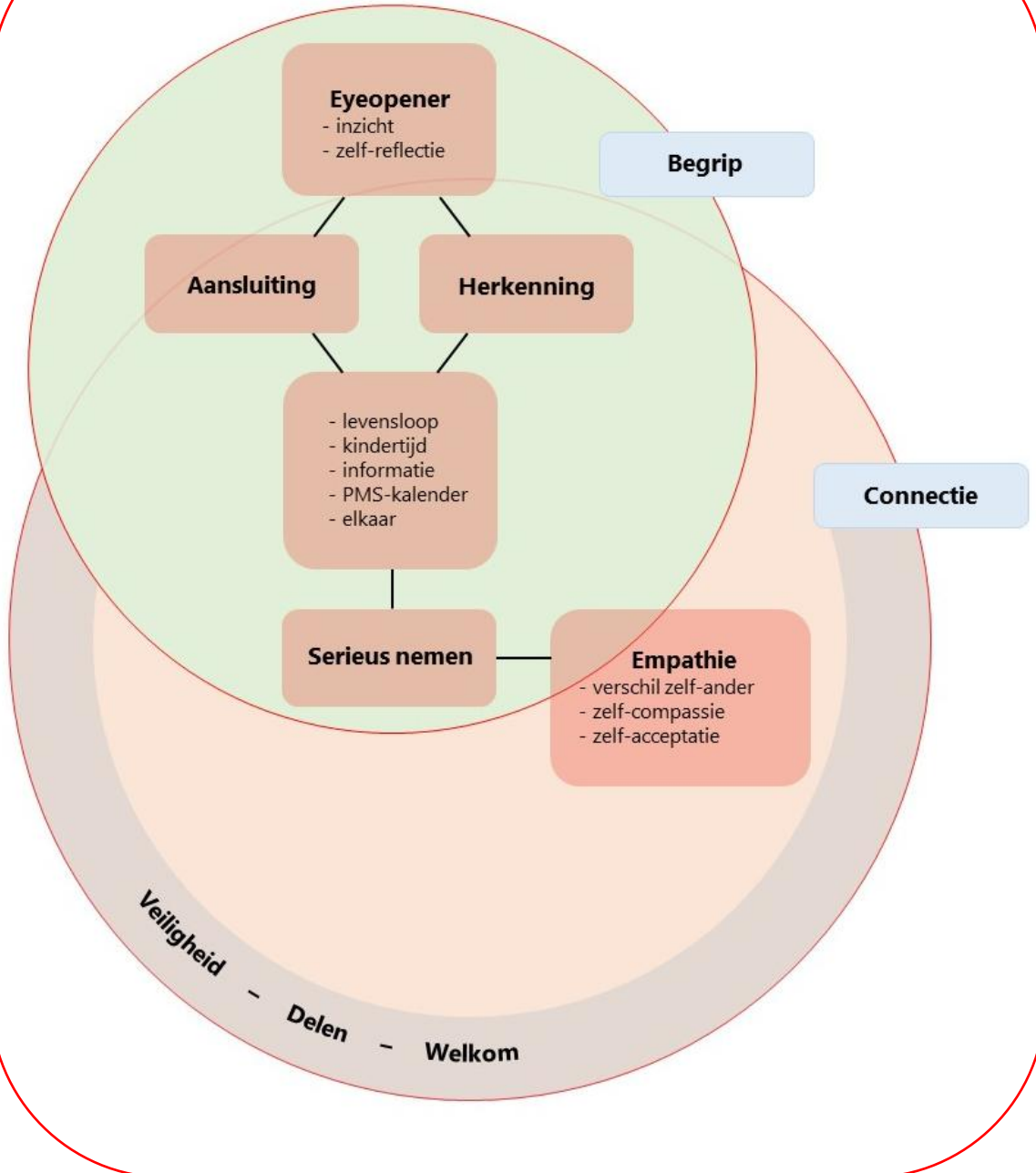
“Bijvoorbeeld vorige week was ik heel emotioneel, dat ik hier, eigenlijk met open armen door iedereen werd ontvangen en dat ik m'n verhaal kon doen en dat ik geen aansteller ben want, nee, want jullie zouden eigenlijk dezelfde gevoelens hebben, dus ja dat herkenning dat is voor mij heel fijn, ja.” (p.3)

De evaluatie



“Ik wist wel van de cyclus, ik heb het ook in mijn opleiding gehad natuurlijk, want ik heb een zorgopleiding gedaan, maar ja het [is] nooit op deze manier besproken met mij, echt met emoties erbij en dat soort dingen en echt met elkaar delen.” (p.2)

De evaluatie



“Ja en ook dat het niet alleen met je cyclus, maar ook andere fases in je leven, met je puberteit, en dan straks menopauze, of na je bevalling en dat dat dus met ADHD ook weer allemaal zo connected is. Dat wist ik ook niet, maar verklaart wel weer heel veel. Dus als ik weer terug ga in de tijd: Waarom was ik nou zo'n hele erge puber? Wat ging er allemaal in mijn hoofd om? Dat vind ik ook wel fijn, dat we het daarover hebben gehad.” (p.3)

Na de groep

Zichzelf en de cyclus
serieuzer nemen

Beter luisteren naar
eigen behoeftes

Beter weten
wat ze willen

Meer ruimte voor
zichzelf premenstrueel

Communiceren met
zelfvertrouwen

Vaker 'nee' zeggen

Bewust van rol
van zelfkritiek

Behandelmogelijkheden

Meer zelfacceptatie

Bewust van rol
hormonen

Liever voor zichzelf

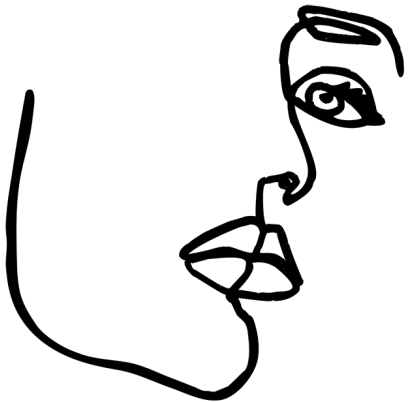


De Toekomst

What's next?

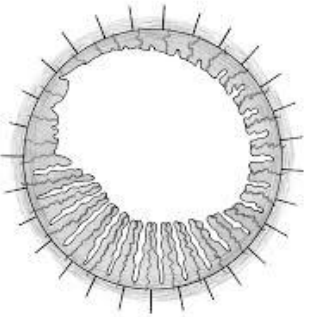
- De vrouwengroep blijven verbeteren
 - Partners betrekken
 - 'How to' op werk
 - 'The costs of ADHD'
- Specifieke perimenopauzale & postnatale groepen
- Meer onderzoek naar vrouwen met ADHD!

Internationale survey – ervaringen & gezondheid van vrouwen met ADHD
DIVA-5 – aanpassen aan vrouwelijke presentatie ADHD en fase cyclus
Mood cycles – cyclus en (stemmings) klachten



Take Home

Vrouwen met **ADHD** adequaat behandelen ?



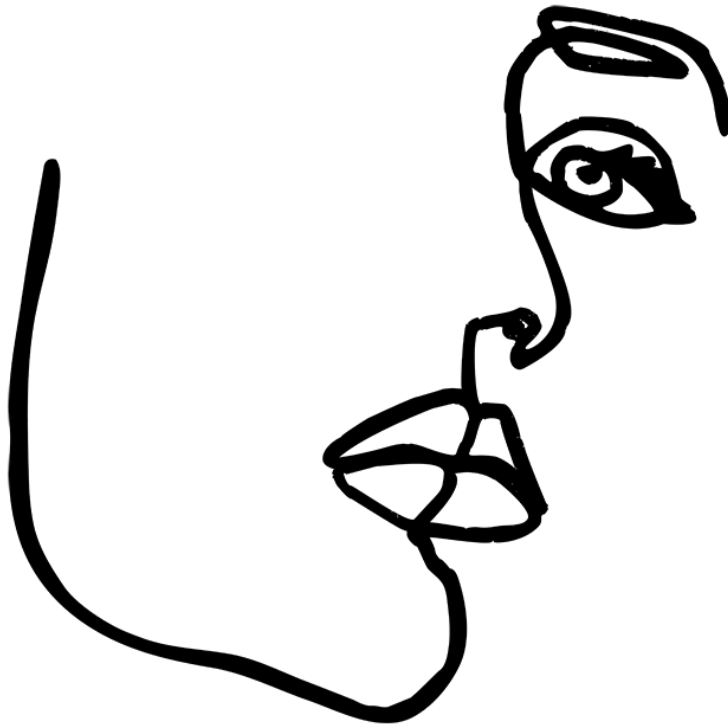
Vergeet de **cyclus** niet!



Nog één ding...



Vragen?



Bedankt!

Onderzoekers Kenniscentrum
ADHD bij volwassenen &
ouderen:

- Marieke Michielsen
- Noemie Platania
- Emma van Andel
- Maxime de Jong
- Sandra Kooij
- Danielle de Graaf
- Mirte van der Ham
- Dora Wynchank



Kenniscentrum
ADHD bij volwassenen en ouderen

