



Exploring the impact of sensory processing differences on the daily participation of women with Attention Deficit Hyperactivity Disorder

Author: Ms Aniesa Blore Key words - Women, ADHD, Sensory Processing

Background

Research has found that adolescents' and adults' sensory processing scores differed significantly from the general population and concluded that more research was needed focused on the significance of sensory dysregulation in understanding ADHD and how useful assessing atypical sensory profiles will be in the process of diagnosing ADHD. OTs are central to addressing the impact of sensory processing differences in children, but these are not addressed when women are diagnosed as adults.

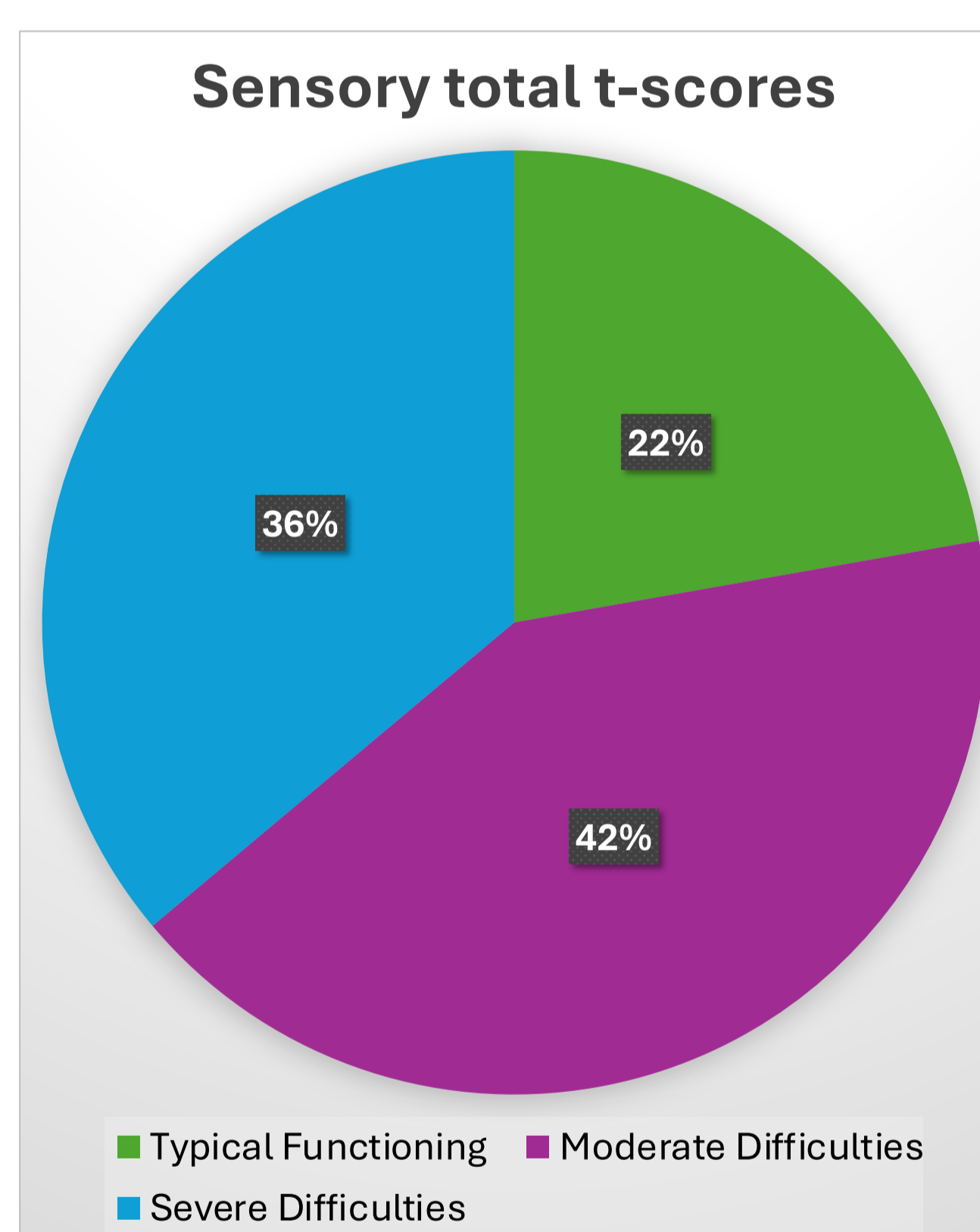
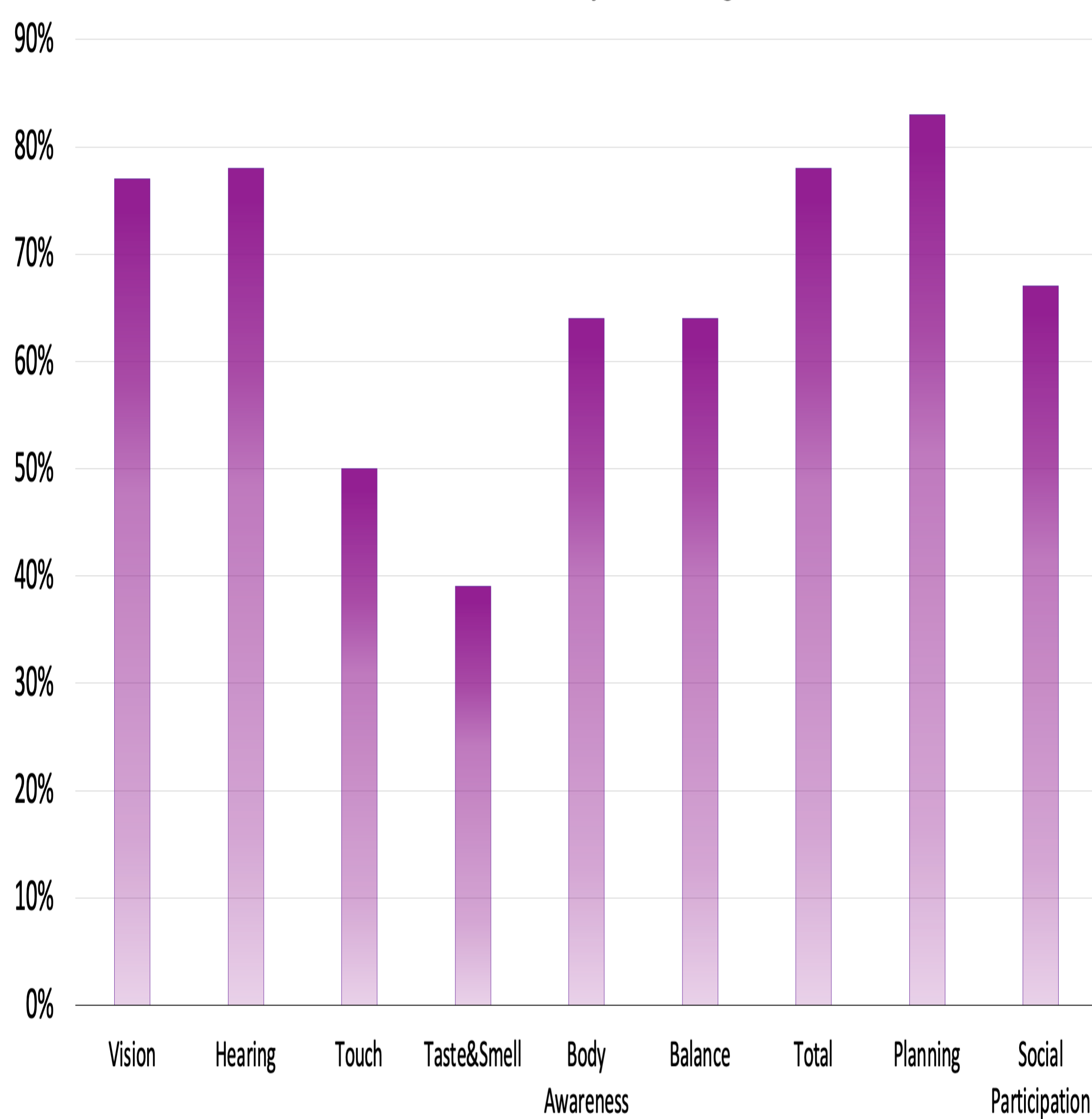
Objectives And Methodology

The primary aim of this study was to determine and evaluate the nature of sensory processing challenges in women who received a diagnosis of ADHD after the age of 21. A group of 36 women, aged 29-67 years, who received a late ADHD diagnosis, completed the adult Sensory Processing Measure (SPM2).

All participants received their own sensory profile upon completion of the study. They were also given information, in the form of a pre-recorded presentation.

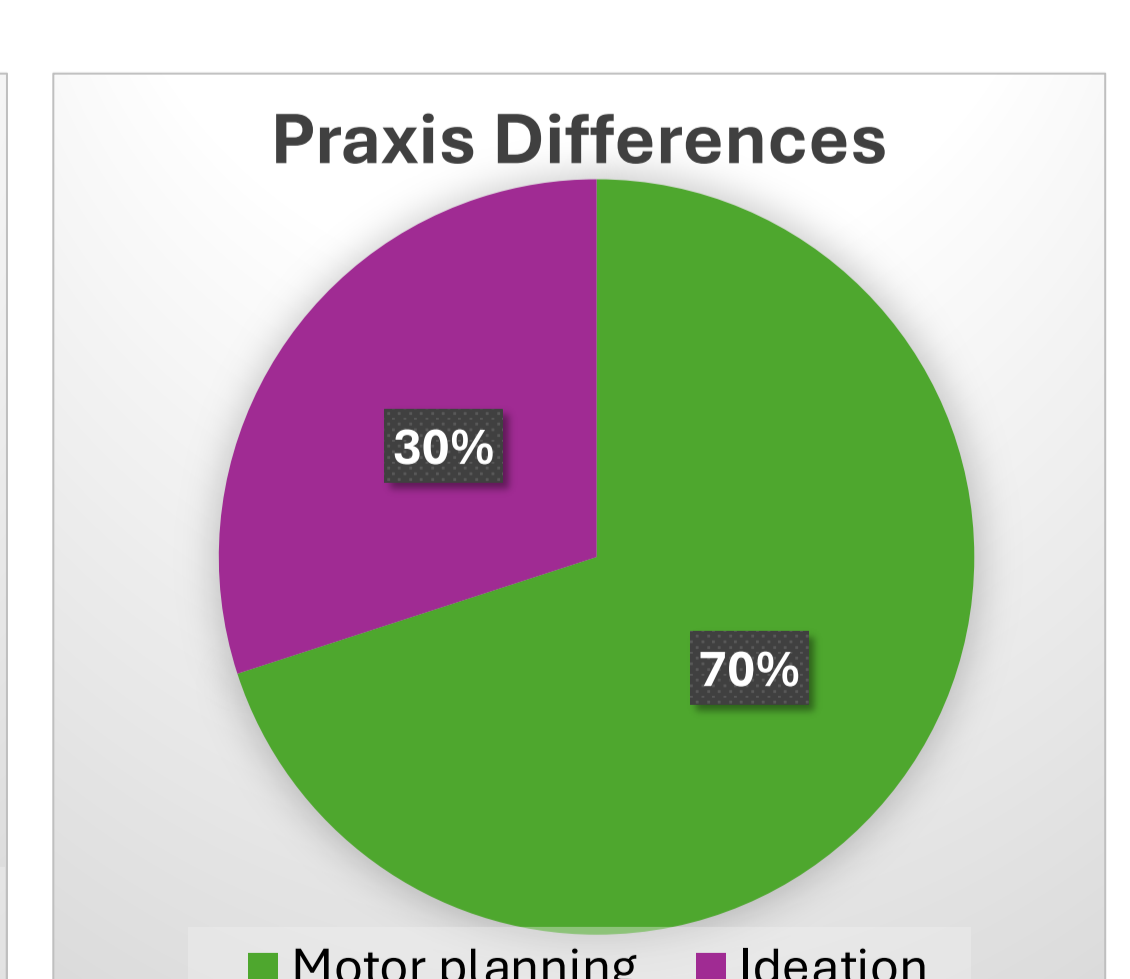
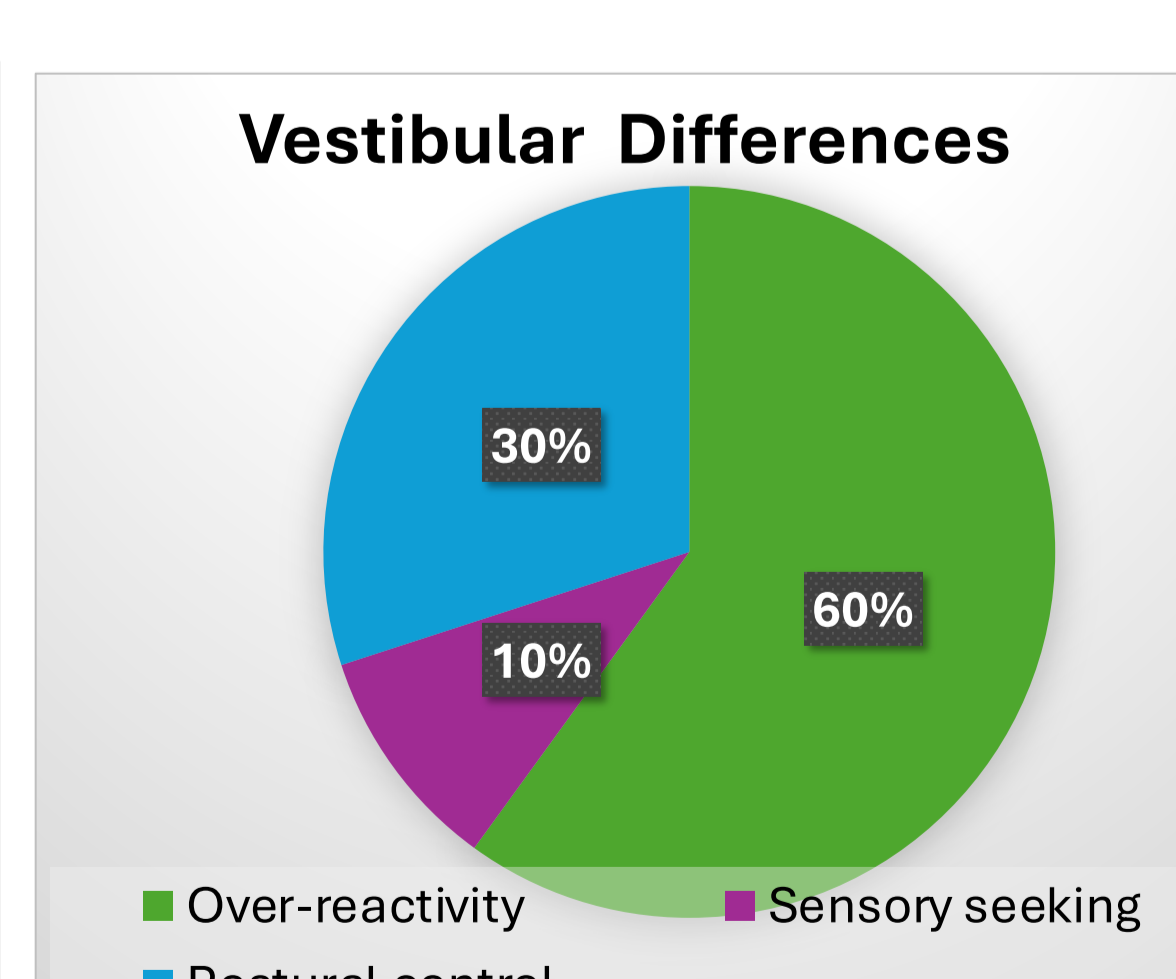
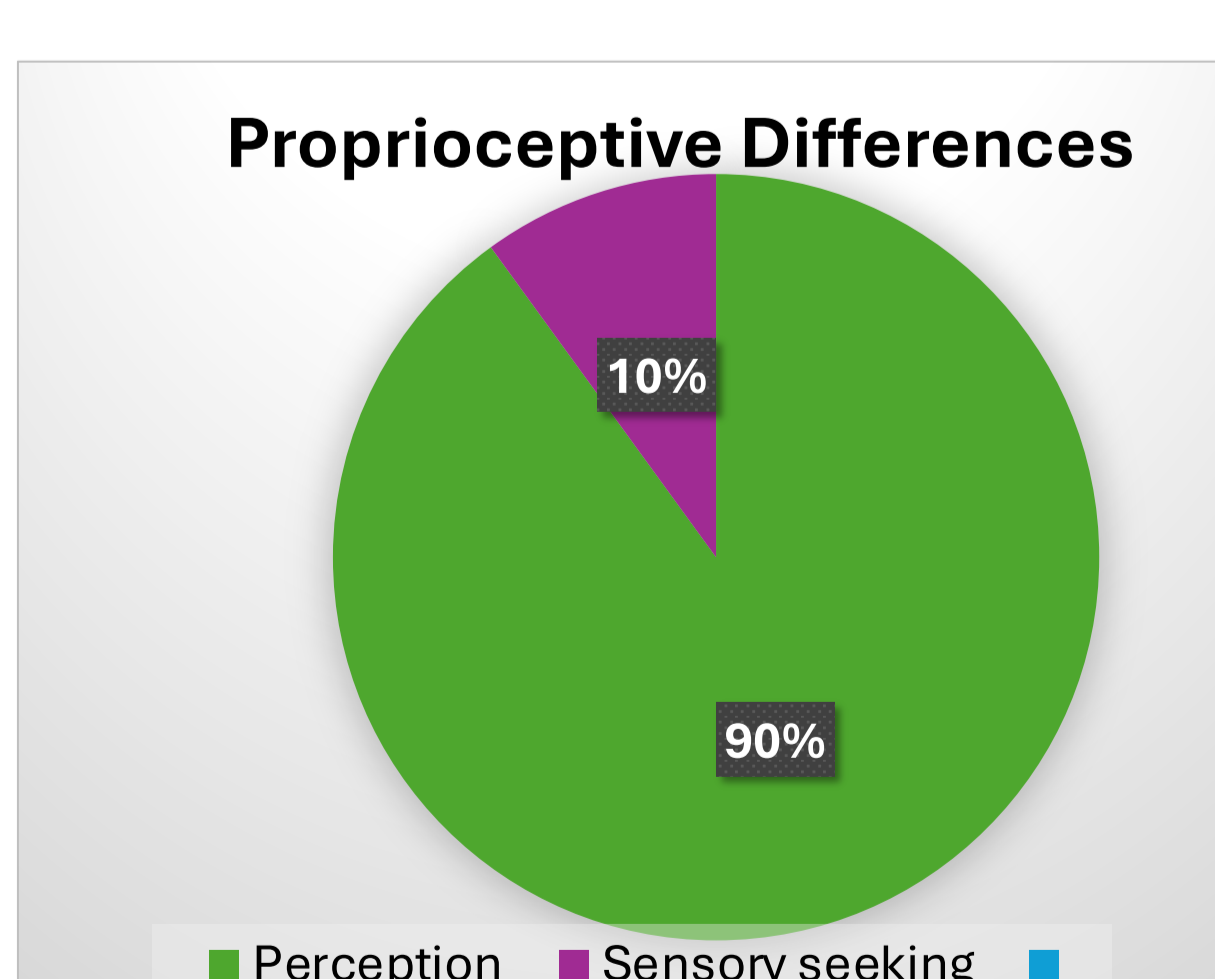
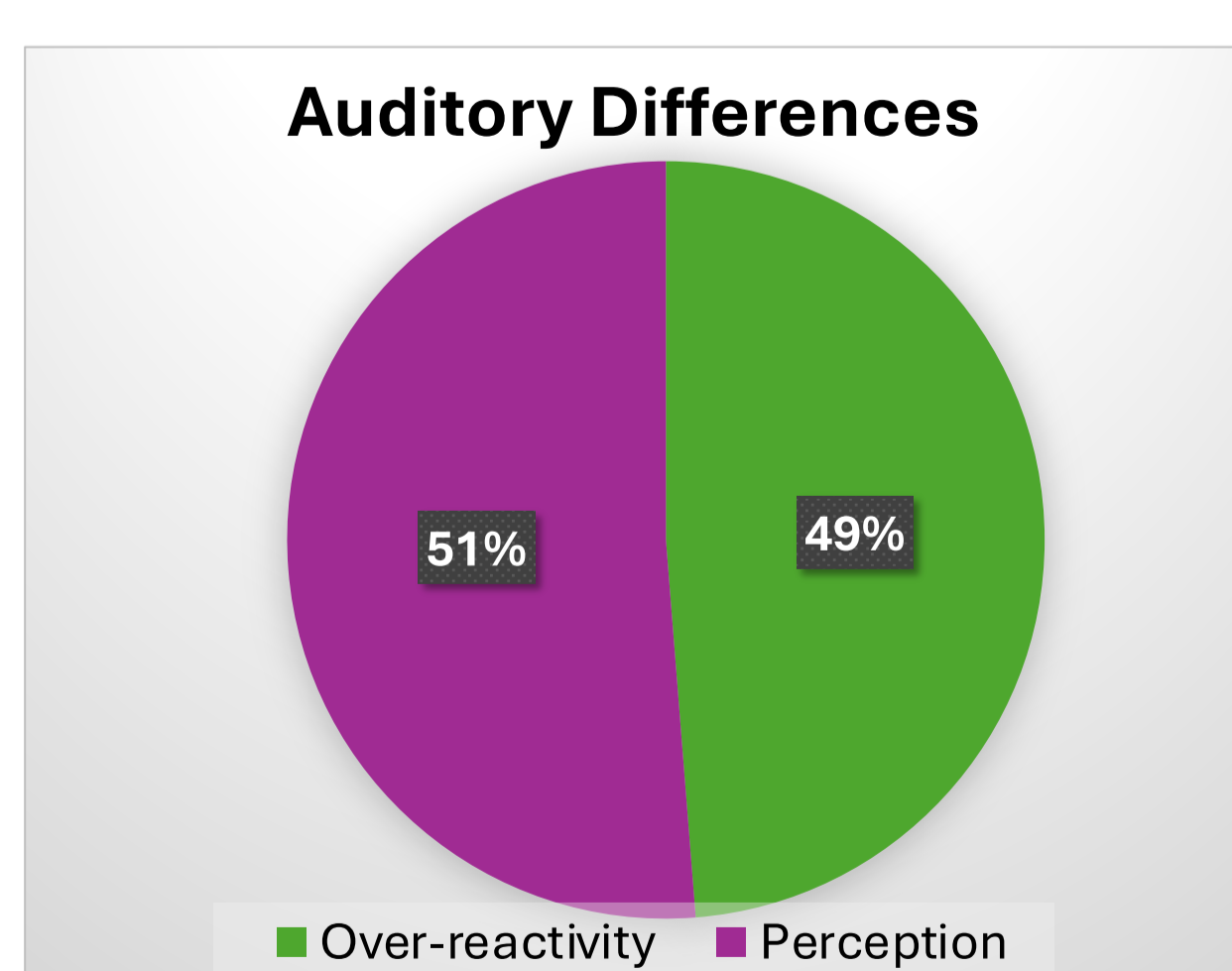
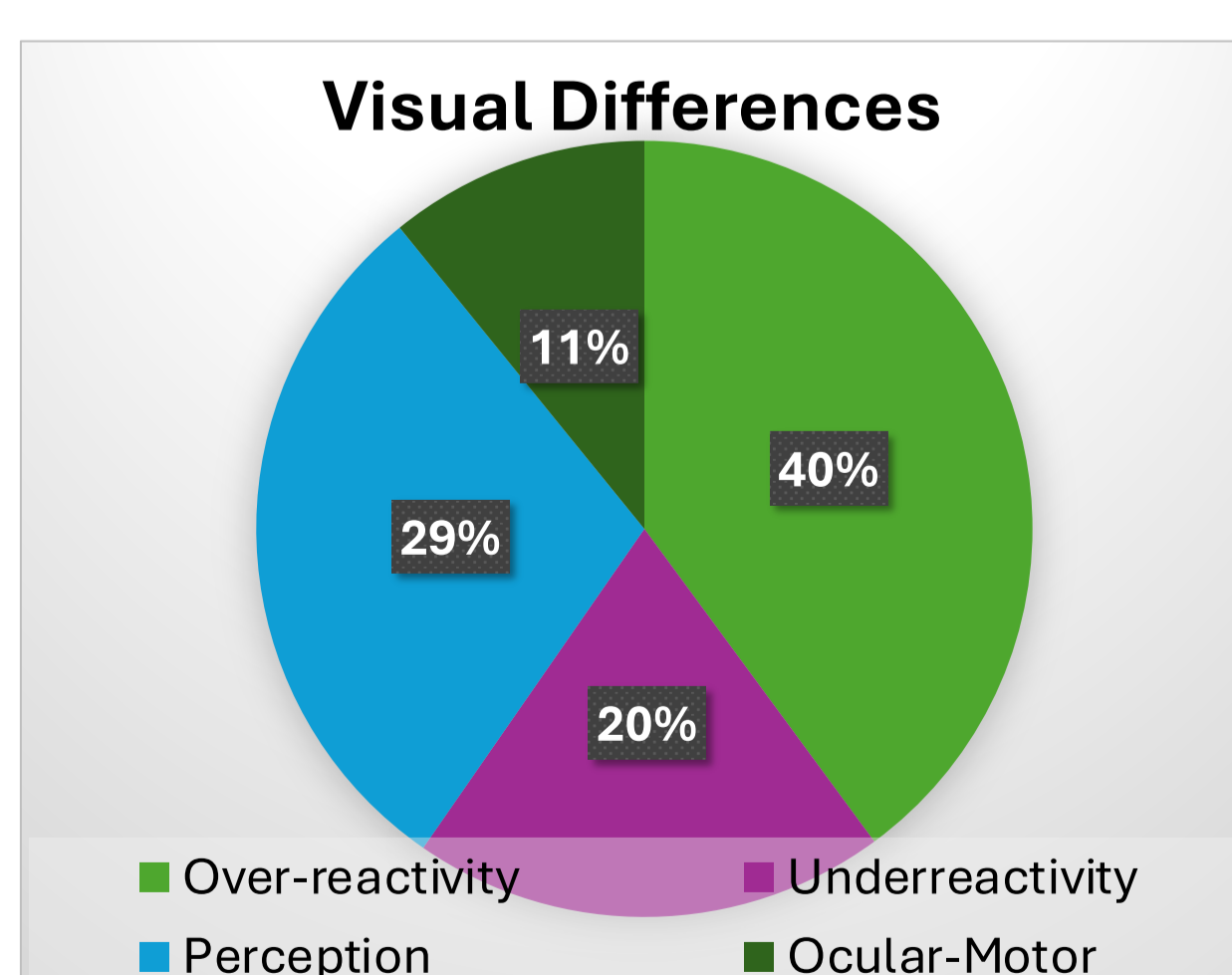
Results And Conclusions

Moderate and Severe Sensory Processing Difficulties



In their words...

"Others tell me I seem to be ignoring people, when actually I didn't notice they were there."
"I need more practice than others to learn a new skill"
"I have trouble completing tasks requiring many steps that must be done in the correct order"
"I slump or hold my head up in my hands while seated at a desk"
"I accidentally knock things over"
"I have trouble hearing people when they are talking to me in a noisy environment"
"I am easily distracted by subtle background noises such as an air conditioner or refrigerator"
"I am bothered by flickering lights"
"I become uncomfortable when I have to sit on a seat without a back"



REFERENCES

- Adamou, M., Asherson, P., Arif, M. *et al.* 2021. Recommendations for occupational therapy interventions for adults with ADHD: a consensus statement from the UK adult ADHD network. *BMC psychiatry*, 21(1), pp.1-9.
- Adra, N., Cao, A., Makris, N. and Valera, E.M., 2021. Sensory modulation disorder and its neural circuitry in adults with ADHD: a pilot study. *Brain Imaging and Behavior*, 15(2), pp.930-940.
- Gomez, I.N. and Medallon, K.G., 2022. Assessing Sensory Processing in Adults. *Current Developmental Disorders Reports*, pp.1-5.
- Parham, L.D., Ecker, C.L., Kuhaneck, H., Henry, D.A., and Glennon, T.J., 2021. *Sensory Processing Measure, Second Edition (SPM-2) [Manual]*. Torrance, CA; Western