

IN THE NAME OF GOD

Anxiety and Mood disorder comorbid with ADHD treatment

AFSANEH KARBASI

CHILD & ADOLESCENT PSYCHIATRIST

ASSISTANT PROFESSOR OF ISFAHAN MEDICAL UNIVERSITY

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What's the best treatment for comorbid ADHD bipolar mania?

- ▶ α -2 agonists, such as clonidine and guanfacine , are indicated for the treatment of ADHD symptoms
- ▶ Clonidine has also been reported to be effective in the treatment of manic episodes

Bipolar and ADHD

- ▶ Till 2017 : the best option might be to treat symptoms of bipolar disorder first. Once bipolar symptoms are under control, then ADHD
- ▶ Adderall is a prescription medication that's made up of a combination of the drugs dextroamphetamine and amphetamine
- ▶ Adderall isn't approved by the Food and Drug Administration (FDA) for the treatment of bipolar disorder. However, some people may be prescribed stimulants like Adderall off-label during depressive episodes to lift mood and increase energy.

- ▶ While Adderall can help treat symptoms common to both bipolar disorder and ADHD, the symptoms of mania may persist after the effects of Adderall wear off. However, some types of antipsychotics used in the treatment of bipolar disorder may protect Trusted Source against this effect.

- ▶ In people with both bipolar disorder and ADHD, stabilization of mood using medications like mood stabilizers or antipsychotics often takes precedence over treating ADHD symptoms.
- ▶ Sometimes, stimulants may be used along with these medications.

ADHD and Depression

- ▶ In adults, episodes of MDD with ADHD are more prolonged, more likely to result in suicidal behaviors and hospitalizations, and more likely to convert from unipolar to bipolar mood disorders.

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- ▶ ADHD treatment may exacerbate untreated mood disorders.
 - ▶ Because ADHD typically begins several years before the first unipolar depressive episode, earlier identification and treatment of ADHD may affect the risk of depression.

- ▶ environmental rather than genetic factors are the stronger predictors of which ADHD patients become depressed.
- ▶ Such environmental factors may include exposure to early abuse and other traumatic exposures, family or peer conflicts, and poor academic or other achievement

- ▶ atomoxetine is useful for treating ADHD that is comorbid with MDD in adolescents
- ▶ bupropion is effective for comorbid ADHD and depression.
- ▶ Two extended-release alpha-agonists- guanfacine and clonidine-are FDA-approved for ADHD but have not been studied in comorbid ADHD and depression.

- ▶ monotherapy with stimulants, atomoxetine or bupropion is a reasonable treatment for ADHD and comorbid depression.

- ▶ Only one study of pediatric ADHD and comorbid MDD has used a placebo-controlled design. A significant difference in atomoxetine relative to placebo for ADHD was seen, but not for depression, because of the high level of depressive response to placebo

Depression and Stimulant

- ▶ A trial of methylphenidate in pediatric patients who have subsyndromal depression and ADHD has demonstrated significant reductions in ADHD and depressive symptoms over 12 weeks of open-label treatment.
- ▶ This study suggests that stimulant monotherapy may be a reasonable treatment for ADHD and milder depression.

CMAP for Depression and ADHD

- ▶ The Texas Children's Medication Algorithm Project (CMAP) offers treatment algorithms for comorbid pediatric MDD and ADHD:
- ▶ First, the clinician determines which of the 2 conditions is more severe, then step 1 for that specific condition is selected while monitoring any effects of treatment on the other.

- ▶ When the depressive disorder at outset is more severe or when neither condition responds to stimulant monotherapy, CMAP recommends starting or switching to the depression algorithm, respectively.
- ▶ The first 2 steps of the depression algorithm are separate monotherapies with 2 SSRIs, while the third step is monotherapy with a non-SSRI such as bupropion.
- ▶ The clinician has the option to add a stimulant if the depressive but not the ADHD symptoms respond to the antidepressant.
- ▶ CMAP recommends changing only one medication at a time to make it easier to interpret responses to various treatments.

- ▶ stimulants and non stimulants do not have an interaction effect with SSRIs, so patients with ADHD and depression can generally take these medications simultaneously without any contraindication.

Treatment Resistant Depression (TRD)

- ▶ Antipsychotic medications can also be very useful for patients with particularly severe depression or TRD in augmentation therapy.
- ▶ Aripiprazole (Abilify), Brexipiprazole (Rexulti), and Quetiapine (Seroquel XR) are all antipsychotics that are FDA approved as add-on therapies for TRD.
- ▶ While not FDA-approved, off-label lithium is used to augment depression treatment as well.

- ▶ In 2019, the FDA approved Esketamine, under the brand name Spravato – a nasal spray that contains properties of ketamine in conjunction with an oral antidepressant.
- ▶ This drug is reserved for individuals with TRD
- ▶ Side effects of this treatment include sedation, some dissociative experiences, nausea, anxiety, vertigo, and vomiting.
- ▶ Health care providers monitor patients for at least two hours after the dose is administered.
- ▶ patients cannot drive or operate heavy machinery for the rest of the day on which they received the drug

significant improvement in depressive symptoms was observed when **dextroamphetamine** was used.

ADHD and Suicidality In Depression

- ▶ hyperactive-impulsive symptoms in particular have been linked with a lifetime history of suicidal behaviors in females but not in males

DMDD (Disruptive Mood Dysregulation Disorder)

- ▶ medications such as stimulants and/or antidepressants, or a combination of the two treatments
- ▶ Management of DMDD should focus on helping children and adolescents improve their emotional dysregulation.

ADHD and Anxiety

- ▶ Up to 60% of children with ADHD meet diagnostic criteria for at least one anxiety disorder
- ▶ . Anxiety in children with ADHD has been shown to be associated with poorer child and family functioning
- ▶ Social (48%), Generalized (34%), and Separation (32%) Anxiety Disorders
- ▶ In children with ADHD, anxiety emerges early in development with 25% of 6-8 year old children with ADHD meeting criteria for an anxiety disorder compared with 8% of children without ADHD

- ▶ Treating ADHD with stimulants can lead to improvement in ADHD-related anxiety symptoms.
- ▶ Treating anxiety can reduce anxiety-related attention
- ▶ Given the high risk of behavioral disinhibition with SSRIs in children , low doses of **stimulants or atomoxetine** are suggested as first-line

CBT for Anxiety and ADHD

- ▶ needs of children with ADHD including increased use of visual materials and breaks between activities

adults with ADHD

- ▶ Often other conditions should be targeted first
- ▶ Patients with an active substance or alcohol use disorder should also have that condition stabilized before ADHD can be safely and effectively treated.
- ▶ Persistent ADHD symptoms in patients with depression or other comorbidities can then be treated with an extended-release, once-daily stimulant or a non-stimulant ADHD treatment.

adults with ADHD and Depression

- ▶ When the primary concern in adults with ADHD and depression is ADHD, the extended-release stimulants can be used first.
- ▶ Atomoxetine and bupropion are other monotherapies for such patients, especially if a stimulant trial is contraindicated or has failed.
- ▶ Effective treatment of lifelong ADHD can improve the patient's ability to function occupationally and interpersonally and reduce his or her depressive symptoms without the need to add an antidepressant.

THE END

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect against the white background.