THE IMPACT OF ADHD ON PHYSICAL, PSYCHOLOGICAL, AND SOCIOEMOTIONAL OUTCOMES IN CHILDREN FROM UNDERSERVED COMMUNITIES AND THE CONTRIBUTING ROLE OF SLEEP PROBLEMS

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Background

- **ADHD** affects 7–12% of children globally, impairing their wellbeing and functioning [1]
- **70%** of children with ADHD have sleep disturbances, worsening symptoms and functioning [2]
- Limited longitudinal research on ADHD, sleep, and their impact on wellbeing [3] ,especially in diverse population [4]

Hypotheses

1. *ADHD symptoms longitudinally predict Wellbeing* outcomes **in** primary school aged children.

2. *These associations are moderated by Sleep habits: more sleep problems amplify associations between ADHD and outcomes.*

How Do ADHD Symptoms Affect Children's Physical, Psychological, and Socioemotional Outcomes Over Time, and How Do Sleep Problems Influence These Effects ?

METHODS

SAMPLE:

DEER Project *(Development of Emotional Resilience)*

Primary school children aged 7–12 in East London longitudinal cohort

Measures:

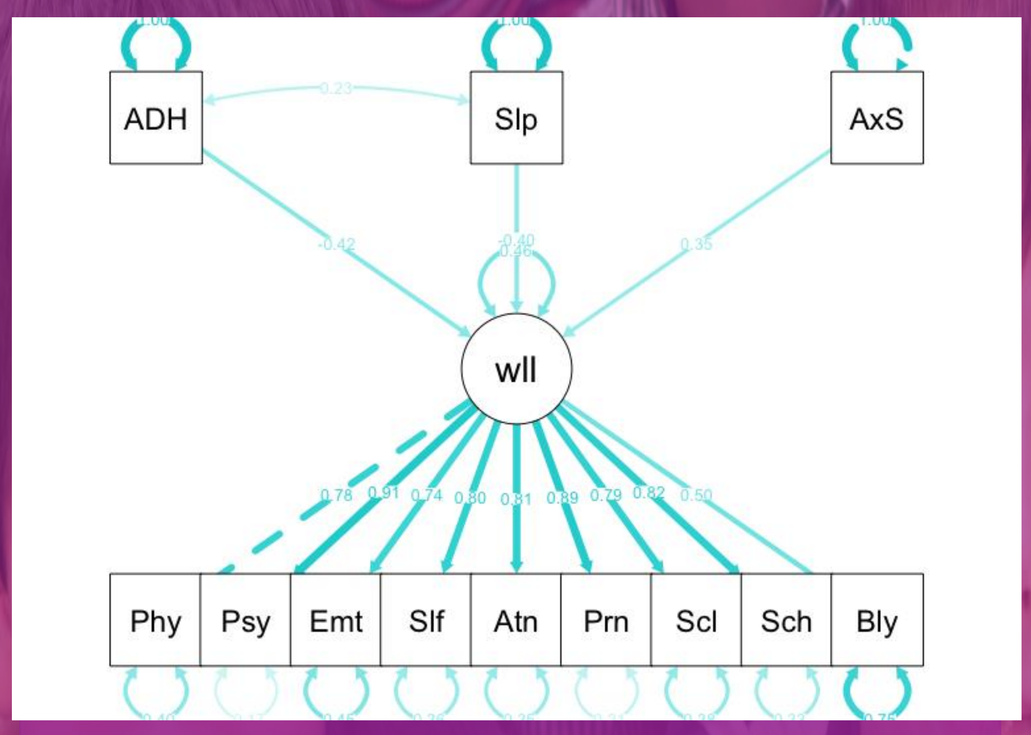
- **(Time1) : Teacher-reported ADHD symptoms**
- **(Time2).:Sleep Habits**

Physical and Psychological Wellbeing, Emotions, Self-perception, Autonomy, Social support, Home and School environment, Bullying

Analysis:

SEM - Direct and Interaction Effects

RESULTS



Findings:

- **ADHD symptoms and poor sleep habits independently reduce wellbeing**
- **.No significant interaction effect; strong positive covariance (4.480, p < 0.001).**
- **Model fit: CFI = 0.964, RMSEA = 0.152,SRMR=0.080**

1.McKechnie, Douglas G. J., O'Nions, E., Dunsmuir, S., Petersen, I. (2023). Attention-Deficit Hyperactivity Disorder Diagnoses and Prescriptions in UK Primary Care, 2000–2018: Population-Based Cohort Study." *BJPsych open* 9.4: e121–e121. Web.

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). American Psychiatric Publishing

2. Robinson-Shelton, A., Malow, B.A. (2016). Sleep Disturbances in Neurodevelopmental Disorders. *Current psychiatry reports* 18.1: 6–6. Web