

Disclosure

Conflict of interest	None / see below
Possibly relevant relationships with companies	Company Name
<ul style="list-style-type: none">▪ Sponsoring or funding▪ Honorarium or other financial compensation▪ Shareholder▪ Another relationship, namely	<ul style="list-style-type: none">▪ None▪ None▪ None▪ None

Moments of Failure

The Meaning of the 'Lived Experience': ADHD, sleep and eating disorders

“Whenever I feel uncomfortable in my skin, I make unhealthy food choices to gain instant comfort...after a period of time my weight becomes my biggest problem, and it always leads to a moment of failure.”

Cinderella Zwennes
MANP

Literature

- Research indicates that ADHD, sleeping disorders and obesity are connected¹
- Research at an obesity clinic indicates that approximately 60% of the participants also have ADHD²
- Excess weight in adulthood increases as a risk factor when ADHD is diagnosed in childhood³
- Disrupted sleeping patterns can result in adverse health problems⁴

ADHD and Sleep

- Increased prevalence:

- Delayed sleep phase disorder **78%** ⁽¹⁾
- Longer sleep latency, shorter sleep ⁽²⁾
- Day time fatigue: **62%** ⁽³⁾
- Irregular sleep schedule ⁽³⁾
- Restless Legs Syndrome: 35-44% ^(4,5)
- Nightmares ⁽⁶⁾
- Sleep apnea

(1) Van Veen, Biol Psych, 2010, (2) Bijlenga, J Att Dis, 2013; (3) Rogers, Br J Clin Psychol, 2016;

(2)(4) Snitselaar, Behav Sleep Med, 2016; (5) Cortese, Sleep, 2005; (6) Schredl, Eur Arch Psych Clin Neurosci, 2017

Why is sleep important...

- Delayed sleep phase disorder (**DSPD**) is the most common co-morbid disorder in ADHD (80%)¹
- **DSPD** : is characterized by
 - (very) late chronotype (1,5 to 2 hours later)
 - A chronic pattern of (very) late sleep and late arising
 - Sleepiness during the day and trouble falling asleep
 - Compensation by irregular bed times
 - Dysfunctioning during the day as a result of increased attention deficit and/or social problems (social jetlag)

¹ Kooij, 2016, 2017

Summary

Delayed sleep = short sleep = Delayed meals

- **Delayed sleep** can cause a shorter sleep
- **Short sleep** is associated with obesity
- **Adults with ADHD** skip breakfast more often
- Skipping breakfast is associated with obesity
- ADHD is associated with eating problems (80%), often **binge eating**
- ADHD is significantly more associated with an increased body mass index (BMI)
- Their weight often fluctuates between 10 to 20 kg. compared to their average weight
- Obesity is associated with diabetes, cardiovascular related diseases and cancer.

Investigating

- A qualitative design based on Parse's 'Human becoming' theory, was used to gain more insight in the 'lived experience'
- Two out patient clinics, six participants, consisting of four women and two men, between 23 and 41 years of age, diagnosed with ADHD, late sleep phase disorder and overweight or obesity

Six steps

- Building a personal story from dialogical engagement and imaging (data collection)
- First interpretation (open coding) of the essential meaning of these stories (data analysis)
- Participant review of the initial raw data by centralizing knowledge about lived experiences (data collection)
- Second interpretation (selective and axial coding) of the essential meaning derived from the participant review and identification of connections with literature (data analysis)
- Themes, shared experiences, and linking literature are submitted for an additional individual or group (focus group) participant review (data collection)
- Essential themes from these checks are then described in a shared model (data- analysis)

Imaging

Neuband: eten / slapen ADHD

Structuur weg → eten ^① → slapen ^②

Medicatie } tegelijkertijd 2x diefiste
eetpatroon }

→ slapen >>>?

Relatie was niet behandeld.

Leefstijl is nu goed!

dd/ vieren zijn belangrijker geweest

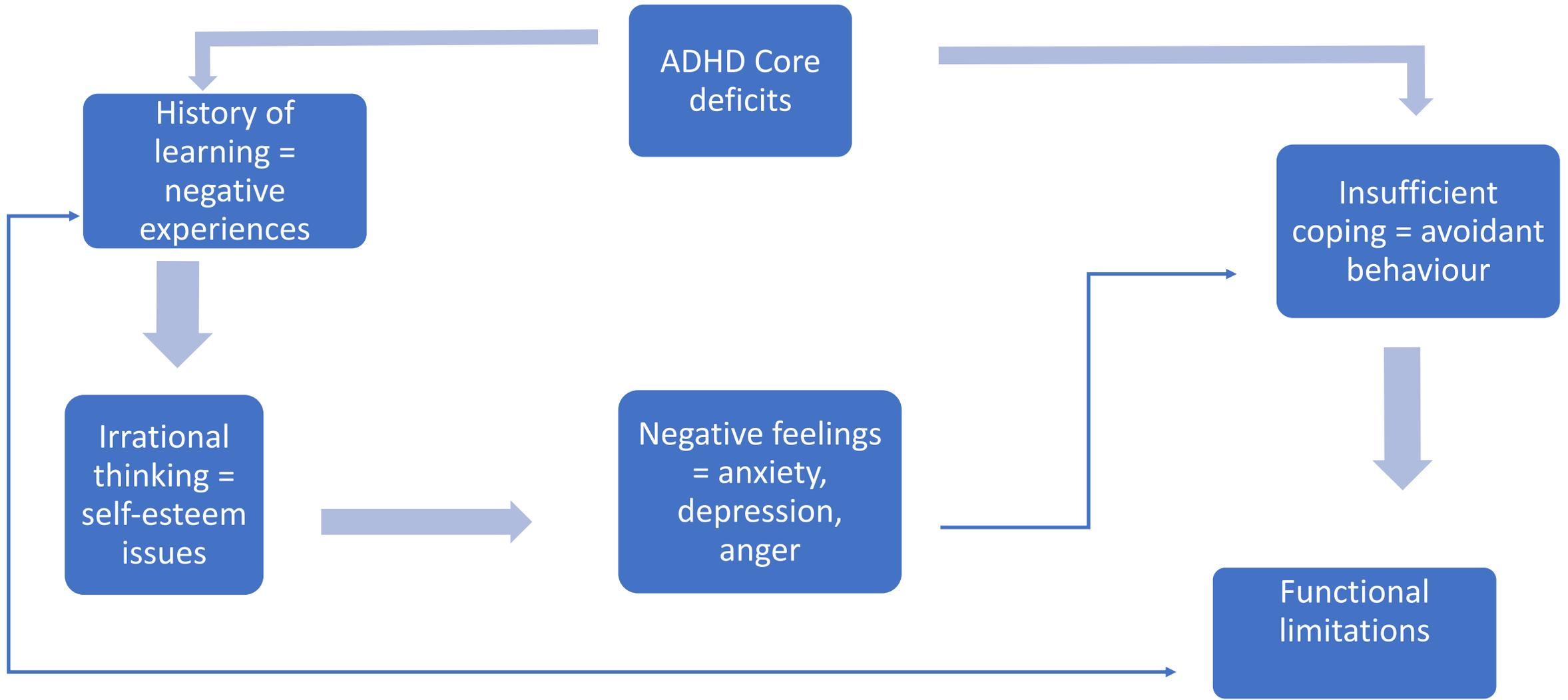


Figure based on the Safren model, 2006

Sleeping problems become normal

“I sometimes am amazed that I have mediocre/good sleep.”

“Often I am fatigued in the morning, it is hard to get out of bed.”

“When everybody is in bed, I finally experience relaxation...I have time to overthink the day and I stumble upon thoughts that are negative. I then find my comfort in food.”

The impact on self and body image

“I walked home by myself after school and...then I started eating sweets. My parents were not around...when I grew up, and even now, this unhealthy eating continues.”

“Whenever I feel uncomfortable in my skin, I make unhealthy food choices to gain instant comfort...after a period of time my weight becomes my biggest problem, and it always leads to a moment of failure.”

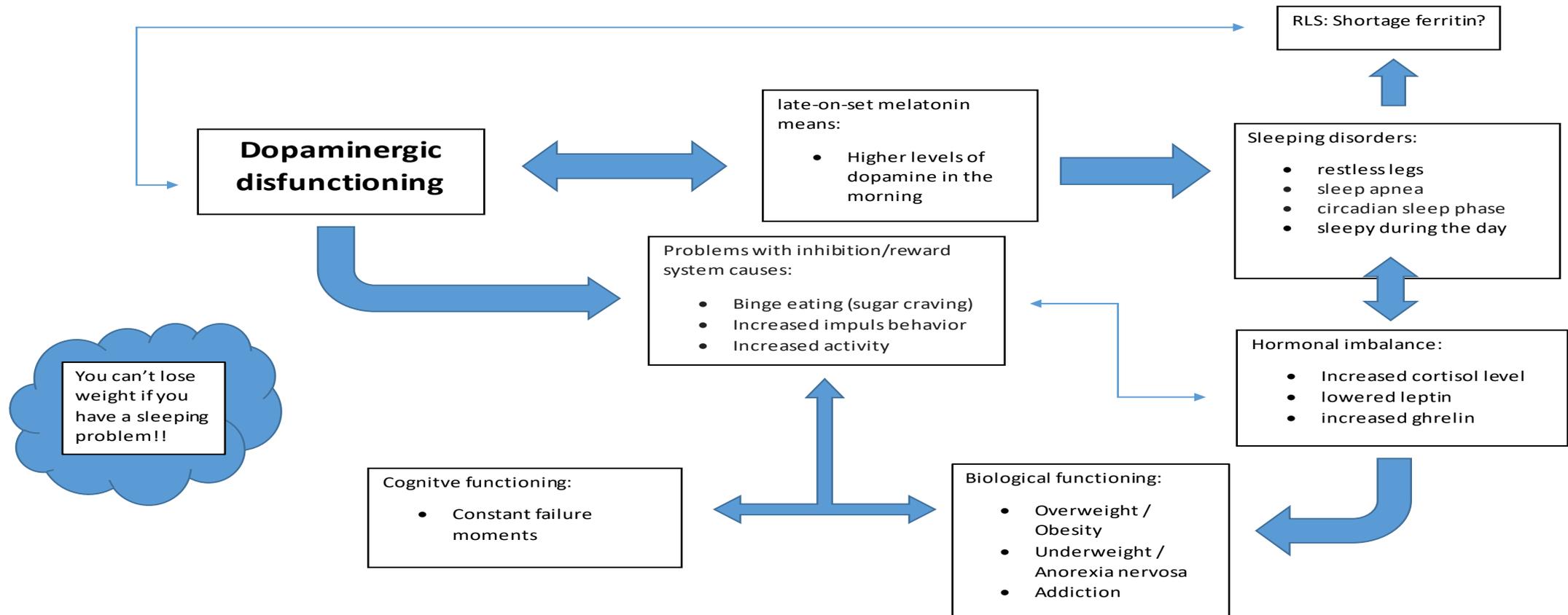
Struggling with choices

- ***“If I am comfortable in my chaos, then it is easier to eat a roll of cookies than to go for a sandwich and sit down to eat it.”***
- ***“It is more a feeling of being ashamed...that I made a mistake...that I actually failed again.”***

Recommendations

“Ultimately, my weight is also a problem. So everything is connected with everything and I do feel that I fail.”

Figure 3: Dopaminergic dysfunctioning in ADHD, sleep and eating disorders ©



The Message

We must broaden our perspective!

PSYQ Thank you all for your attention!



Any Questions?

Cinderella Zwennes
cinderella.zwennes@psyq.nl
cinderella.zwennes@startmail.com

More info on workshops about ADHD (In Dutch): <https://verwijzers.psyq.nl/kenniscentrum-adhd>



Kenniscentrum
ADHD bij volwassenen