Smartphones in ADHD Management

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Introduction

Attention-deficit/ Hyperactivity Disorder (ADHD) may have extreme and adverse effects on family, peers and academic functions, and due to these problems, it is considered to be a significant public health problem. This study is a part of the ongoing research aimed to develop and evaluate a set of smartphone apps for adults to support the ADHD management. The purpose is to assess the life challenges adults with ADHD faced and the strategies developed to cope with these challenges.

1. Methods

Face to face interviews were conducted with eight people who diagnosed with ADHD and followed over a 2-3 year period. Qualitative content analysis method was used to analyze data. Coding transcripts was directed by existing research.

2. Results

There are eight themed groups of difficulties that were faced by these participants: Time perception disorder, motivation-excitation hunting, sensitivity to external effects, nonconformity, money management problem, impulsiveness, stress susceptibility and altering situation challenges. Considering the strategies developed to cope these difficulties, prescribing the following applications may contribute to the ADHD management; Time Management, Task Management, Business Termination, Motivational Continuity, Reminders, Concentration Provisioning, Event Management, Stress Management, Hobby Management.

Discussion

The next phase of the study is to develop a mobile application kit including prescribed applications and evaluate it via randomized controlled trial.

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