



Specialising in Personality Disorder
and Complex Trauma



The relationship between ADHD and BPD

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What is ADHD?

- First mention of diagnosis in 1902
- First in DSM has “hyperkinetic reaction of childhood in 1968
- Methylphenidate approved in 1955
- Name ADD from 1980
- ADHD from 1987 – inattentive, hyperactive and combined subtypes

ADHD summary

- 5% prevalence
- 70-80% heritable
- Evidence of epigenetic changes leading to more severe symptoms in presence of environmental adversity, such as complex trauma
- NHMRC guidelines have just been released

Diagnosing ADHD

- Most commonly diagnosed before age 18
- More often diagnosed in boys but female presentation may be different
- Diagnosis as an adult requires clinical assessment, collateral and screening measures
 - ASRS
 - DIVA 5
 - WSAS

ADHD and BPD

- 19x higher risk of having BPD
- Previous studies suggest prevalence of ADHD in people with BPD upwards of 60%

MONTREAL COGNITIVE ASSESSMENT (MOCA)
Version 7.1 Original Version

NAME: _____
Education: _____ Sex: _____ Date of birth: _____
DATE: _____

VISUOSPATIAL / EXECUTIVE

Copy cube _____

Draw CLOCK (Ten past eleven) (3 points) _____

Points: _____/5

NAMING

_____ _____ _____

Points: _____/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	FACE	VELVET	CHURCH	DAISY	RED	No points
1st trial						
2nd trial						

ATTENTION

Read list of digits (1 digit/ sec.). Subject has to repeat them in the forward order [] 2 1 8 5 4
Subject has to repeat them in the backward order [] 7 4 2

Points: _____/2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors
[] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B

Points: _____/1

Serial 7 subtraction starting at 100 [] 93 [] 86 [] 79 [] 72 [] 65
4 or 5 correct subtractions: 3 pts. 2 or 3 correct: 2 pts. 1 correct: 1 pt. 0 correct: 0 pt

Points: _____/3

LANGUAGE

Repeat: I only know that John is the one to help today. []
The cat always hid under the couch when dogs were in the room. []

Points: _____/2

Fluency / Name maximum number of words in one minute that begin with the letter F [] _____ (N ≥ 11 words)

Points: _____/1

ABSTRACTION

Similarity between e.g. banana - orange = fruit [] train - bicycle [] watch - ruler _____

Points: _____/2

DELAYED RECALL

Has to recall words WITH NO CUE	FACE	VELVET	CHURCH	DAISY	RED	Points for UNCUED recall only
Category cue						
Multiple choice cue						

Points: _____/5

Optional

ORIENTATION

[] Date [] Month [] Year [] Day [] Place [] City _____

Points: _____/6

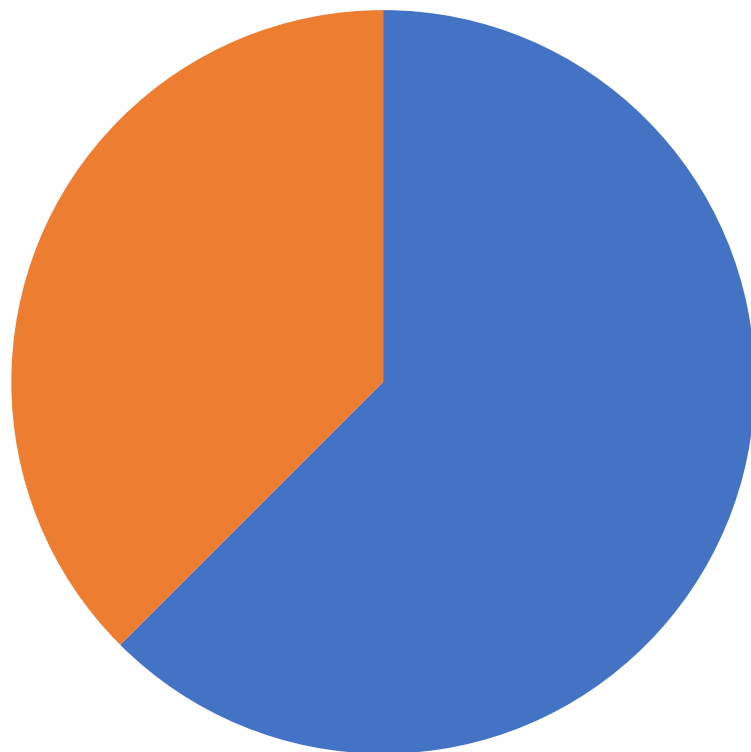
© Z.Nasreddine MD www.mocatest.org Normal ≥ 26 / 30 TOTAL _____/30
Administered by: _____ Add 1 point if ≤ 12 yr edu

Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

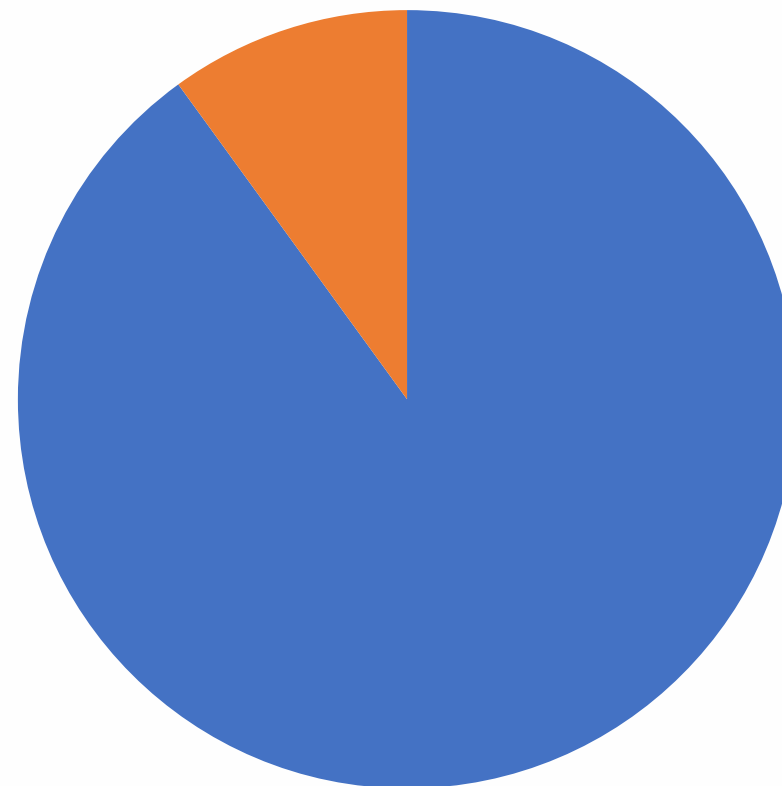
Patient Name	Today's Date				
<p>Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.</p> <p>1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?</p> <p>2. How often do you have difficulty getting things in order when you have to do a task that requires organization?</p> <p>3. How often do you have problems remembering appointments or obligations?</p> <p>4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?</p> <p>5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?</p> <p>6. How often do you feel overly active and compelled to do things, like you were driven by a motor?</p>	Never	Rarely	Sometimes	Often	Very Often

Part A

Montreal Cognitive Assessment



ADHD self-report



How to approach treatment options?

- Interrelation between ADHD, trauma and BPD is subject of debate
- Limited studies but some have indicated improvements in decision-making and response to psychotherapy when treated for ADHD

The big questions?

Does having ADHD confer a higher risk of developing BPD when exposed to trauma?

Is ADHD just another symptoms of BPD and exposure to trauma?

How do we differentiate and when/how should we treat?

A note on treatments for ADHD

- Strong evidence for 1st line options – Methylphenidate/Dexamphetamine
- Low risk of diversion in long-acting formulations
- No clear indication of risk of psychosis/mania in those without an established history
- 2nd line options have lower frequency of improvement
 - Atomoxetine
 - Guanfacine
 - Clonidine

References

- Ditrich et al. (2021). Borderline personality disorder (BPD) and attention deficit hyperactivity disorder (ADHD) revisited – a review-update on common grounds and subtle distinctions. *Borderline Personality Disorder and Emotion Dysregulation* 8:22.