



Deputy Mark Ward,  
Dail Eireann,  
Leinster House,  
Kildare Street,  
Dublin 2.

05th October 2023

**PQ Number: 39428/23**

**PQ Question: To ask the Minister for Health the estimated number of people with ADHD in the Irish population: the number of adults with ADHD: the number of children with ADHD; the supports that are in place in each CHO for people with ADHD; and if he will make a statement on the matter.- Mark Ward.**

---

Dear Deputy Ward,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

**Estimated number of people with ADHD in Ireland**

There have been no epidemiological studies carried out in Ireland on the prevalence of ADHD in children and adults. International studies indicate between 5-7 % of children have ADHD and 2-3.5 % of adults. Based on the Irish census figures and applying the more conservative international figures in the age groups in the 2022 census the estimated number of people may be in the region of those outlined in the table below.

Age	Population	ADHD
0-14 (1)	1,001,000	25,025
15-24 (2)	651,300	13,020
25-44	1,400,100	28,000
45-64	1,279,000	25,480
65+ (3)	768,900	15,378

However, there are a number of important caveats with these estimated figures. These are:

1. ADHD in children can only be diagnosed accurately from the age of 7 so the prevalence of 5% is applied to half the 0-14 population
2. A prevalence of 2% is applied to this age group

- ADHD does occur in those aged 65 years and older having persisted from earlier in life. There are some studies indicating prevalence may decline over the life span. There is also the confounder of Dementia which occurs in 5% of those over 65 years of age

Although these figures are estimated, they are useful in indicating the scale of the problem in terms of the impact on adults and children with ADHD and the consequent need for services.

### **Supports in Place for those with ADHD**

The ADHD in Adults National Clinical Programme's Model of Care (MOC) was fully approved by the HSE in 2020 and formally launched by Minister Butler in early 2021. The MOC recommends 11 catchment area specific Adult ADHD Clinics with a further service to work alongside the Forensic Mental Health Teams providing in-reach services to Dublin prisons. When fully implemented, 11 Adult ADHD Clinics will be established to provide assessment and multi-modal treatment in the CHO's in line with the Model of Care.

### **Adult ADHD Clinics in place or at various stages of the recruitment process**

CHO 1- Sligo/Leitrim/Donegal

HO 3- Limerick, Clare, North Tipperary

CHO 4- Cork City, North and east

CHO 4- Kerry/West Cork

CHO 6- Dublin South-East, North and South Wicklow

CHO 7 Dublin South- West: due to commence Q 4 2023

CHO 8/7 – Laois Offaly/Longford/ Westmeath/ Kildare/ West Wicklow: awaiting recruitment of the consultant psychiatrist.

### **Areas with no specialist service funded yet:**

CHO 2- Galway, Roscommon, Mayo

CHO 1/8- Cavan/ Monaghan/ Meath/ Louth

CHO 5- Waterford/ Wexford/ Kilkenny/ Carlow/ South Tipperary

CHO 9- North Dublin City and County

Funding has been granted for a temporary post to support the office of the National Clinical Advisor and Group Lead (NCAGL) for Mental Health to develop a model of care for children and young people with ADHD in line with StV recommendation. A potential internal candidate has been identified from within a CHO for the position, which the office for the NCAGL has been progressing.

In areas where specialist ADHD Clinics are not yet established, Community Mental Health Teams (CMHTs) should continue to assess and treat people referred with ADHD who are known to have high rates of co-morbid mental health disorders, particularly anxiety and depression. The Programme has provided some training for final year SpRs and other MDT staff through the UK Adult ADHD Network (UKAAN) and it plans to repeat this training at specific intervals.

NICE Guidelines are available in the assessment and treatment of people with possible ADHD. Further information can be found here: <https://www.nice.org.uk/guidance/ng87>

The NCP also recommends non-HSE interventions, in particular these provided through ADHD Ireland such as support groups and the UMAAP Programme. The latter programme was jointly developed by the UCD School of Psychology, ADHD Ireland and the NCP. It is a 6 weekly webinar delivered programme based on Acceptance and Compassion Therapy and covers topics of particular relevance to adults with ADHD. Feedback is very positive. It is funded through the HSE: €50,000 in 2022 for half a year and €100,000 for 2023. This should be multi-annual to ensure retention of the therapy skilled and committed staff led by a Senior Psychologist, who deliver it.

Adults with ADHD also benefit from supports when in 3<sup>rd</sup> level education but there is limited availability of these likewise supports in finding and keeping a job through EmployAbility system is of benefit.

Further information on the MOC for ADHD in Adults can be found here: [www.hse.ie/eng/about/who/cspd/ncps/mental-health/adhd/adhd-in-adults-ncp-model-of-care/adhd-in-adults-ncp-model-of-care.pdf](http://www.hse.ie/eng/about/who/cspd/ncps/mental-health/adhd/adhd-in-adults-ncp-model-of-care/adhd-in-adults-ncp-model-of-care.pdf)

ADHD Ireland run education sessions and online groups. More information is available through the ADHD Ireland webpage: <https://adhdireland.ie/>

Other useful sites include:

<https://adhdfoundation.org.uk>

<http://www.addiss.co.uk/about.htm>

<https://additudemag.com>

I trust this information is of assistance to you.

Yours sincerely,



---

**Dr Amir Niazi**  
**National Clinical Advisor & Group Lead for Mental Health**  
**Clinical Design and Innovation**  
**Health Service Executive**