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Simone Weissenberger: Adult ADHD Symptomatology and Lifestyles in the Czech Population-
PhD Dissertation Review (Symptomatology ADHD dospělé populace v ČR- oponentský
posudek)


Main focus of this PhD dissertation is the relationship between lifestyle habits and ADHD in adult population and in addition this work also includes a relationship between ADHD symptoms and time experience. In the introductory part of the dissertation the author reviews recent findings about child and adult ADHD and its various forms and symptoms with a particular focus on environmental conditions and lifestyle with main focus to stress influences as well as various toxic factors.

Empirical research in this work includes data and results that were published as journal article: "ADHD and lifestyle habits in Czech adults, a national sample". The targeted population included in this study was adults aged 18-65 years. The total assessed sample was 1,012 (507 males and 505 females). The author and his collaborators used Adult ADHD Self-Report Scale (ASRS V. 1.1) which was administered to evaluate the current symptoms of ADHD and a questionnaire regarding lifestyles that are pertinent to ADHD, exercise, drug use, and diet.

The results indicate that an ASRS score of 4-6 points was found in 11.4% of the male population and 9.7% of the female population (5-6 points indicate very high-intensity symptoms). A score of 6, the highest intensity of symptomatology, was found in 1.18% of males and 0.99% of females but the gender differences in scores were not statistically significant. The results also indicate that participants with higher ASRS scores had higher rates of self-reported unhealthy lifestyles and poor diets with high consumption of sweets. The author mainly concludes that several specific lifestyles were found to be associated with higher ADHD symptoms such as poor diet and cannabis use. On the other hand factors usually associated with the disorder such as cocaine addiction and nicotine use were insignificant or less frequently observed in this Czech sample.

In summary, this dissertation reports interesting findings and is based on published results as well as theoretical reviews of the literature. This work also provides interesting perspectives for future research, for example specificity of the time perception and experience in ADHD.

According to my view this dissertation provides interesting research findings (documented by published journal articles) and contribution to recent knowledge worthy of PhD.



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