

HCRU/Costs and Epidemiology of patients with ADHD in Germany – A claims data study (HEDDA)



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KEY TAKE AWAYS



Prevalence & Incidence:

The ADHD prevalence and incidence rates increased among adults and transitional patients (ages 16 to 24). In contrast, the rates for children/adolescents remained stable.



Gender Disparity:

Males showed higher prevalence and incidence of ADHD compared to females across all age groups. However, the gender disparity decreased with age.



Healthcare Costs:

Adults and children/adolescents incurred similar healthcare costs, whereas transitional patients exhibited lower average costs.

BACKGROUND & OBJECTIVE

Attention-deficit/hyperactivity disorder (ADHD) is a common neurodevelopmental disorder, starting in childhood and often persisting into adulthood, with a global prevalence of 6% in children/adolescents and 2 to 5% in adults (1-2). A care gap exists as many youths do not continue treatment after transitioning to adult care (3).

This study assessed the prevalence and incidence of ADHD in adults (>18 years), children/adolescents (<18 years), and the transitional group (16–24 years), analyzing healthcare utilization and related costs over time, in Germany.

METHODS

- Retrospective cohort study using InGef (Institute for Applied Health Research Berlin) research database
 - 8.8 million German residents with statutory health insurance (about 10% of whole German population)
 - Representative for whole German population in age and gender (4)
 - Study period: January 2017 to December 2023

Inclusion criteria	Exclusion criteria
ADHD diagnosis code (ICD-10-GM F90.0) <ul style="list-style-type: none"> At least one inpatient and/or at least two verified outpatient diagnosis in two different quarters within 2 consecutive study years during the study period (M2Q) 	<ul style="list-style-type: none"> Individuals without continuous insurance during the study period, except in cases of birth and death For incident ADHD, no documented ADHD diagnosis in the observation year before index (first diagnosis)

RESULTS

Figure 1a. ADHD Prevalence

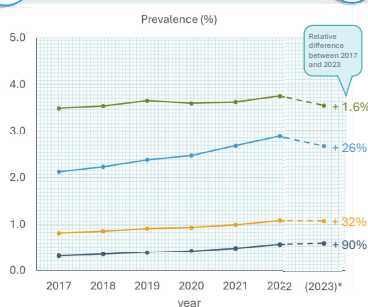


Figure 1b. Gender Disparity in 2023

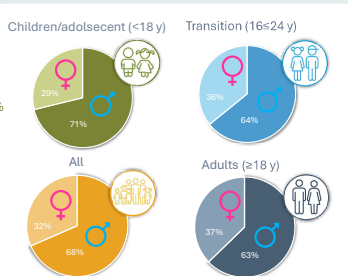


Figure 2a. ADHD Incidence

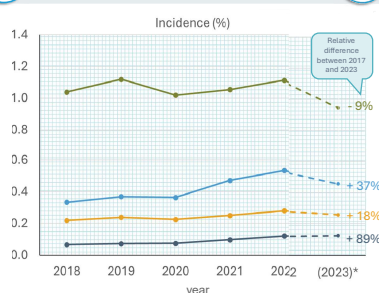
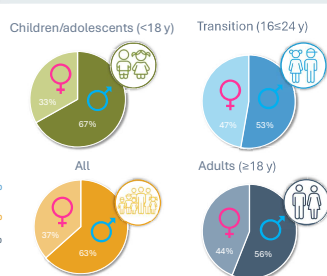


Figure 2b. Incidence Gender Disparity in 2023



*Projections for cases in 2023 are underestimated due to right censoring (diagnoses in 2024 were outside the observation period).

Figure 3. Total cost per ADHD patient

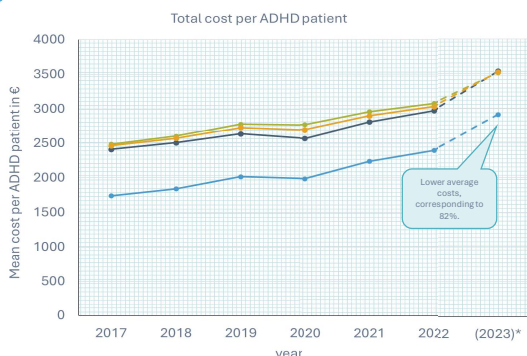


Figure 4. Cost Split for different ADHD age groups in 2023

Legend

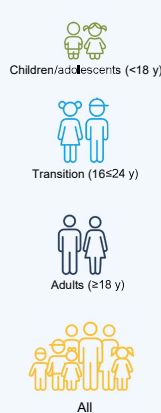
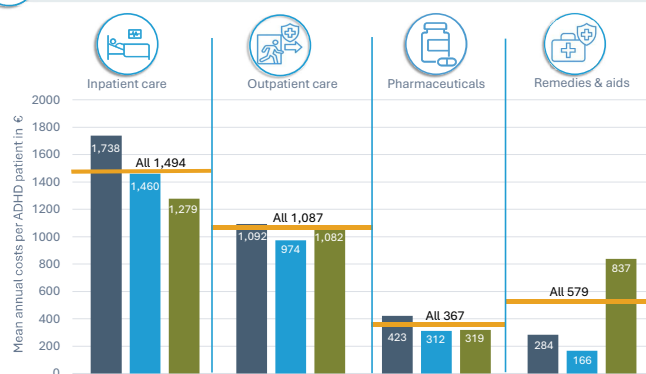


Figure 4. Cost Split for different ADHD age groups in 2023



LIMITATIONS

- The InGef dataset is representative of Germany but lacks data on disease severity and therapy indications (medication/psychotherapy).
- Inclusion criteria (M2Q) and especially projections for 2023 (right censoring) may have led to underestimated case numbers.

CONCLUSION

- This study highlighted an increasing prevalence and incidence of ADHD among adults and transitional patients in Germany from 2017 to 2023, while rates in children and adolescents remained stable.
- Prevalence in adulthood is likely underestimated given an assumed persistence rate of 50% (5), suggesting potential underdiagnosis and underserved healthcare.
- Transitional patients incurred comparatively lower HCRU and costs compared to adult and children/adolescent ADHD patients and may require increased attention.

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