



BACKGROUND

- Previous research has highlighted a persistent stigma surrounding ADHD in the workplace, driven by negative stereotypes that often result in misinterpreted behaviors, potential discrimination, and challenges in requesting accommodations
- Untreated ADHD symptoms in medical professionals could have the potential to impact patient care due to possible preventable mistakes made in tasks
- **Obstacles** from past studies discussed lack of data in this specific cohort due to the stigma, dysregulation of emotions, and lack of knowledge/education of ADHD diagnosis.

OBJECTIVES

The primary goal of our study is to explore the stigma surrounding ADHD, gathering participants' perspectives on its impact and their suggestions for breaking it. The study's secondary goals are to support aspiring medical professionals, inspire individuals with ADHD to pursue higher education, and promote greater awareness and education about ADHD.



METHODS

- Inclusion criteria was Diagnosed or Undiagnosed with ADHD in medical professionals who hold doctorates in their scope of practice.
- Undiagnosed were individuals who reported symptoms like the 2019 APA guidelines for diagnoses of ADHD.
- Snowball method was used for recruitment

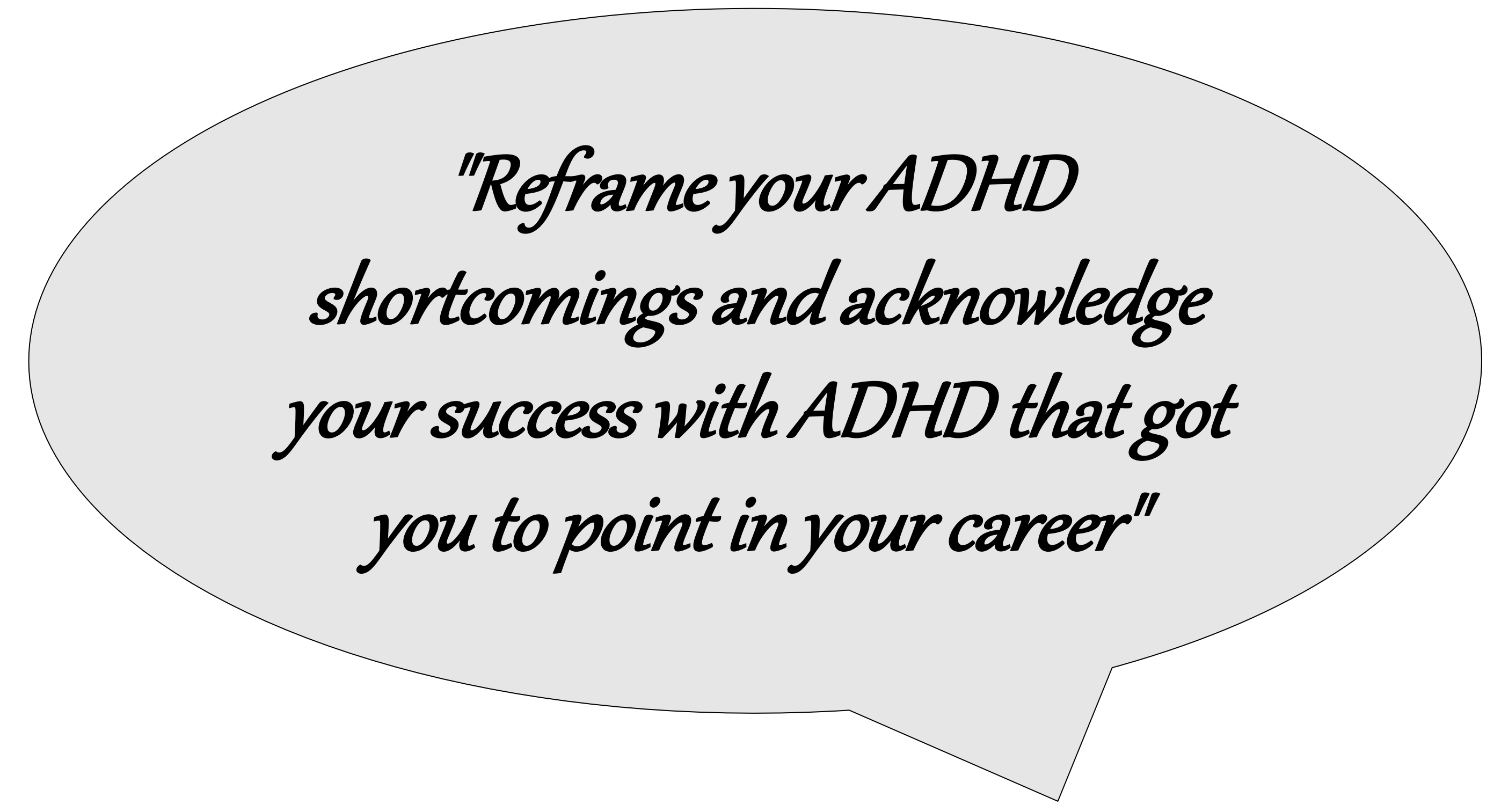
RESULTS

- Interviewed eight participants (1:1 diagnosed : undiagnosed)
- Diagnosed participants reported managing their symptoms through stimulants, organization tools, and exercise. They identified multitasking, empathy, and hyperfocus as advantages, and racing thoughts, task-switching struggles, and memory issues as disadvantages to having ADHD. The study revealed that among participants diagnosed with ADHD, two reported feeling less comfortable discussing their diagnosis at work than with family and friends.
- Undiagnosed participants cited stigma, professional concerns, and medication apprehensions as reasons for not pursuing diagnosis.
- Both groups recommended increasing ADHD awareness within medical communities to reduce stigma. When asked if a support group would be beneficial, we received mixed responses. However, some recommended an online social media platform as the most effective format.



FUTURE STEPS

- Spreading knowledge and education about ADHD, such as what are the signs/symptoms, when they occur, and the risks that may contribute later in life when left undiagnosed
- Starting a page on social media where people can share their ADHD diagnosis, stories, and management techniques.



CONCLUSION

- The study revealed that among participants diagnosed with ADHD, two reported feeling less comfortable discussing their diagnosis at work than with family and friends, especially when starting a new job.
- This study was to inspire people who live with ADHD symptoms that it is possible to obtain a higher educational degree. Within one week we recruited sixteen participants who were either diagnosed with ADHD or experiencing its symptoms.
- We believe that these findings can be used to benefit further research and support/inspire people who experience ADHD symptoms.