

ADHD Assessment and Treatment Policies among a National Sample of US Colleges and Universities

1. Background

- 10%-14% of college students have ADHD^{1,2}
- In college students, ADHD is associated with lower academic achievement, increased substance use, and increased suicidality³⁻⁵
- Many postsecondary institutions regulate access to stimulant prescriptions at campus-based clinics to mitigate misuse of stimulants⁶
- The landscape of ADHD clinical assessment and treatment policies at postsecondary institutions in the United States is unknown

2. Research Aims

1. Examine online availability of institutional policies related to ADHD assessment and treatment
2. Describe the contents of institutional policies related to ADHD assessment and treatment found online
3. Gather data regarding ADHD assessment and treatment policies from a survey of clinical staff
4. Evaluate the level of agreement between information posted online and data gathered from the survey of clinical staff

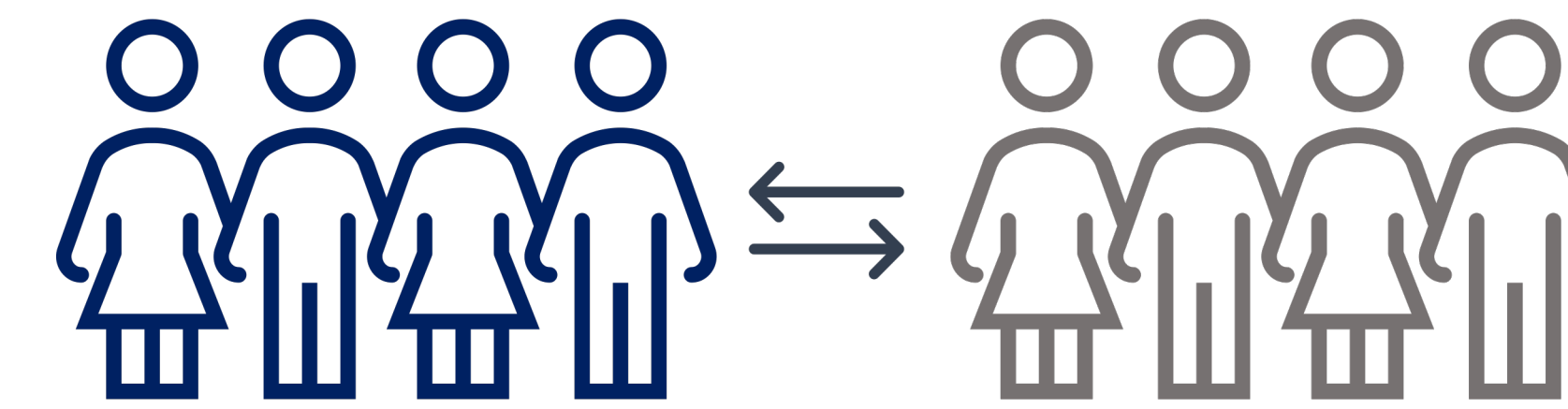
3. Methods

- Study design: Cross-sectional
 - Review of online policies
 - Survey of clinical staff
- Sample: random, stratified sample
 - 200 US postsecondary institutions
 - Stratified by admission percentage ($\leq 33\%$, 33%-67%, and $\geq 67\%$) and number of students enrolled (< 1000 , 1000-4999, and ≥ 5000)
- Analysis
 - Interrater reliability for web review
 - All percentages were weighted to account for oversampling from schools who admitted $\leq 33\%$ of applicants
 - Chi-squared tests for distribution comparisons
 - Logistic regression for odds of having a policy online

4. Results

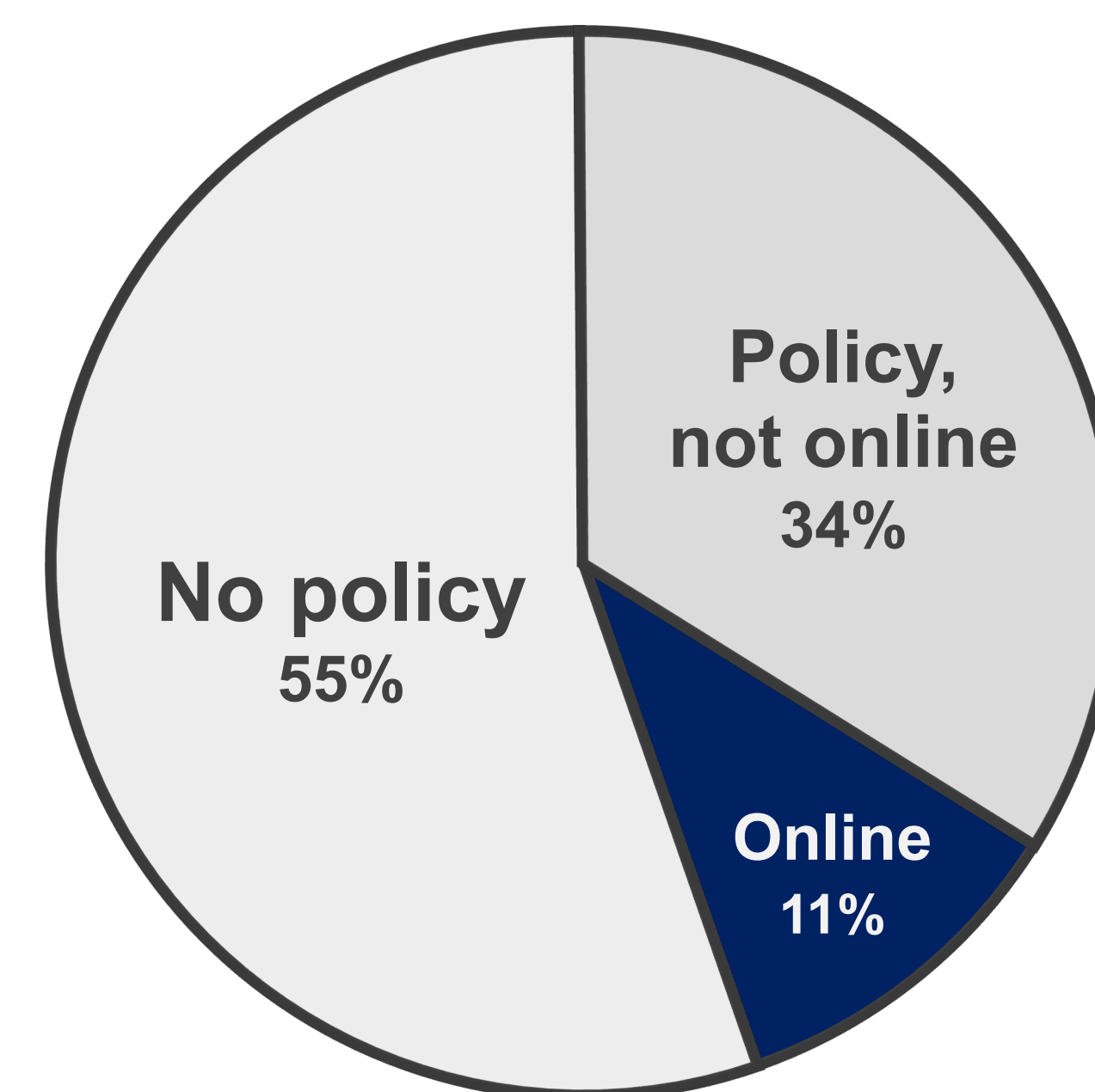
a. Sample Representation

Our stratified, random sample and the survey subsample were statistically similar to each other (all p-values > 0.05) and qualitatively similar to the population of institutions that met eligibility criteria



b. Policy Availability and Agreement

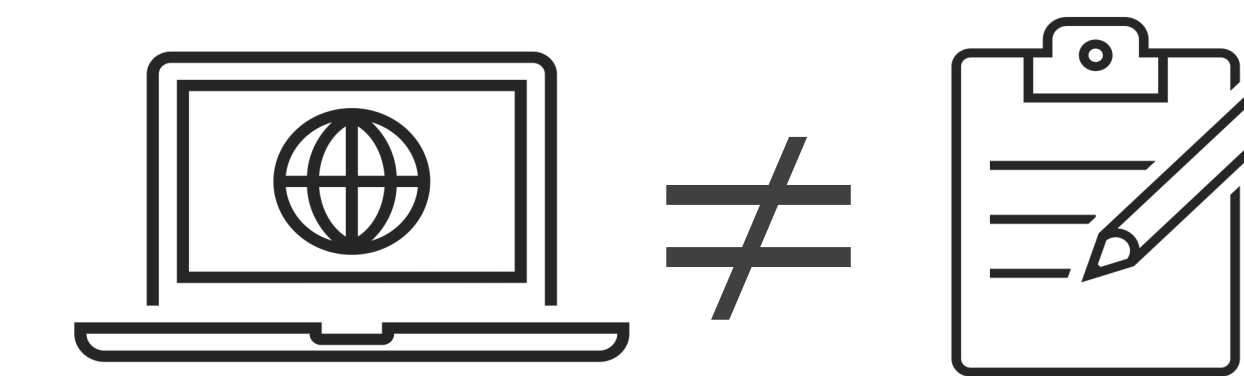
Most schools have no policy, 11% have a policy online



Larger institutions with more selective admissions were more likely to have a policy online



Percent agreement between online policies and survey responses was $< 50\%$



c. Treatment Access

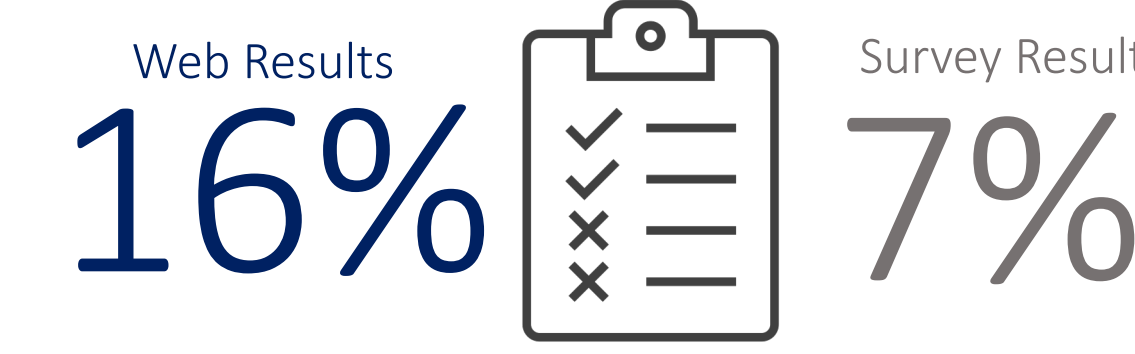
Less than 20% of institutions conduct clinical diagnostic evaluations for ADHD on campus



Roughly one quarter to one half do not allow campus clinics to prescribe stimulants



Less than a fifth of institutions facilitate Neuropsychological testing on campus



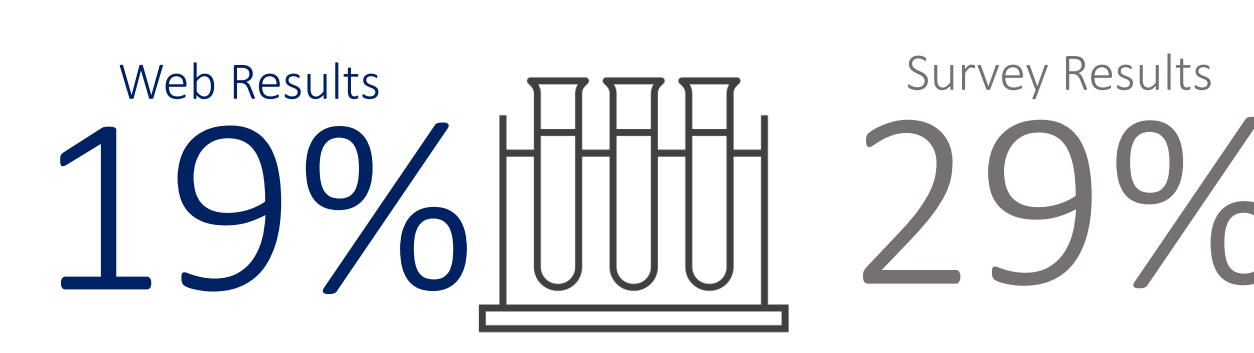
d. Prescribing Regulations

Requirements that regulated stimulant prescribing were commonly reported being used

Neuropsychological testing



Urine Toxicology Screens



Medication Contracts



5. Discussion

Interpretation

- To our knowledge, this is the first review of ADHD clinical assessment and treatment policies among postsecondary institutions in the US
- Policies are often unavailable online
- ADHD assessment and treatment are not commonly available on campus⁷
- Urine drug screens and medication contracts, both unstudied prescription regulations, are commonly used in the college context (more so than in primary care)⁸

Limitations

- Web search strategy might have missed information
- Web information might not accurately depict an institution's policy
- Institutions that participated in the survey were self-selected

Strengths

- Representative sample and subsample
- Cross-validated web search strategy (Kappa = 0.77)
- Multiple data sources (web search, survey)

Implications

- Findings can be used to craft and benchmark policies
- Updated, available policies can improve care access
- Institutions should consider innovative service models to improve treatment access
- The impacts of stimulant prescription regulations need to be studied

6. References

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4. Eddy LD, Eadeh H-M, Breaux R, Langberg JM. Prevalence and predictors of suicidal ideation, plan, and attempts, in first-year college students with ADHD. *Journal of American college health*. 2020;68(3):313-319.
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