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# Psychiatry and Psychological Syndromes

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### Gender differences and variability in adult attention deficit hyperactivity disorder and repetitive transcranial magnetic stimulation

**Introduction:** Transcranial Magnetic Stimulation also known as repetitive Transcranial Magnetic Stimulation (rTMS) is a noninvasive out-patient procedure of brain stimulation, which uses a pulsed magnetic field to stimulate specific areas of the brain that are known to affect the mood.

**Objective:** The purpose of this study is to identify the gender differences and variability in the effect of repetitive Transcranial Magnetic Stimulation in Attention Deficit Hyperactivity disorder (ADHD). Twenty two females and twenty one males with Adult ADHD were selected from ReACH Psychiatry, a private clinical setting based in Bangalore, India.

**Methods:** The data was collected from the two groups using the Patient Health Questionnaire-9 (PHQ-9). They were evaluated before and after rTMS using PHQ-9 scores and which were further statistically analysed. The data collected was subjected to a descriptive statistical analysis.

**Results:** The means, standard deviation, T-test analysis were done to obtain the results. The results reveal that males and females show an equal response to Transcranial Magnetic Stimulation for Attention Deficit Hyperactivity Disorder. However, females with ADHD show higher variability than males.

### Recent Publications

1. Niederhofer H (2008) Effectiveness of the repetitive Transcranial Magnetic Stimulation (rTMS) of 1 Hz for Attention-Deficit Hyperactivity Disorder (ADHD). *Psychiatria Danubina* 20(1):91-92.
2. Richter M M, Ehliis A C, Jacob C P and Fallgatter A J (2007) Cortical excitability in adult patients with attention-deficit/hyperactivity disorder (ADHD). *Neuroscience letters*, 419(2):137-141.
3. Schneider M, Retz W, Freitag C, Irsch J, Graf P, Retz-Junginger P and Rösier M (2007) Impaired cortical inhibition in adult ADHD patients: a study with transcranial magnetic stimulation. In *Neuropsychiatric Disorders An Integrative Approach* 72:303-9.
4. Zaman R (2013) Adult-ADHD and potential role of transcranial magnetic stimulation (TMS & RTMS) investigation and treatment. *Psychiatr Danub*, 25(suppl 2):S366-S367.
5. Zaman R (2015) Transcranial magnetic stimulation (TMS) in Attention Deficit Hyperactivity Disorder (ADHD). *Psychiatr Danub*, 27(Suppl 1):99-102.

## Biography

Meena Gnanasekharan is an American Board Certified Psychiatrist, practicing Child, Adolescent and Adult Psychiatry. She has studied her MBBS at Madras Medical College, Chennai, India; Adult Psychiatry Residency at University of South, Dakota School of Medicine, Sioux Falls, South Dakota, USA and Child and Adolescent Psychiatry Fellowship at University of South Dakota, School Of Medicine. She specializes in the treatment of Mood Disorders (Major Depressive disorders and the Bipolar Spectrum), and Anxiety Disorders (including phobias, OCD and Social Anxiety disorders). She combines her knowledge and experience with empathy and applies an integrative model of treating the mind, body and spirit for optimal effectiveness.

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