

BÖLÜM 8

DİKKAT EKSİKLİĞİ HİPERAKTİVİTE BOZUKLUĞU TEDAVİSİ

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HASTALIĞIN TANIMI

Dikkat Eksikliği Hiperaktivite Bozukluğu (DEHB), erken yaşta başlayan, sıklıkla yaşam boyu süren, çocukluk çağının en sık rastlanan nöropsikiyatrik bozukluklarından biridir. Eskiden, sadece çocukluk çağında rastlandığı düşünülmeyle birlikte DEHB, artık yaşam boyu süren gelişimsel bir bozukluk olarak kabul edilmektedir. Yapılan araştırmalar ile çocukluk çağında prevalansı %8-12 arasında bulunmuştur (Biederman ve Faraone 2005). Erişkinlerdeki prevalansı ise %4.4'tür (Kessler ve ark. 2006). Belirtileri arasında; kısa dikkat süresi, engellenmeye yönelik deneşimde ve görevlerin düzenlenmesinde güçlük, yönergeleri izleyeme, kurallı bir ortamda dikkatini sürdürmemeye, aşırı hareketlilik, çok konuşma, dürtüsellik sayılabilir. DEHB, bireyin yaşam kalitesini, insan ilişkilerini, akademik başarısını ciddi düzeyde etkilemektedir. Erkeklerde, kızlara oranla daha sık görülmekte, Erkek/Kız oranının 2/1 ile 4/1 arasında olduğu tahmin edilmektedir (Schmidt ve Petermann 2009). Değerlendirme esnasında, cinsiyet farklılığına dikkat edilmesi önem taşımaktadır. Kız olgularda anksiyete ve depresyon gibi belirtiler daha sık iken, fark edilen davranışsal sorunlar daha az olabilmektedir. Bu nedenle kız olguların daha sık atlandıkları, sıklıkla Öğrenme Güçlüğü

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