

**EXPLORING THE MEDIATING ROLE OF  
SLEEP DISTURBANCES IN  
THE ASSOCIATION BETWEEN ADHD  
AND SELF-HARM AMONG YOUTH**

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# INTRODUCTION: WHAT IS ADHD?

- Attention Deficit/Hyperactivity Disorder (ADHD)
- Neurodevelopmental disorder
- Decreases life quality



# INTRODUCTION: ADHD AND SELF-HARM

- Public health problem
- Increases the risk of self-harm
- The relationship between ADHD and self-harm is unclear



## PURPOSE

This research aims to investigate the role of sleep disturbances as a potential mediator between ADHD diagnosis and self-harm behaviors

## METHODS

### Case Group

(n=45)

- Diagnosed with ADHD
- 12-19 years old
- Voluntary

### Control Group

(n=45)

- Without ADHD
- 12-19 years old
- Voluntary

## METHODS

### EXCLUSION CRITERIAS

- Those who do not speak Turkish
- Those with a known psychiatric illness
- Those with a known chronic disease

## METHODS



Sociodemographic Data Form

Conners Rating Scale for ADHD

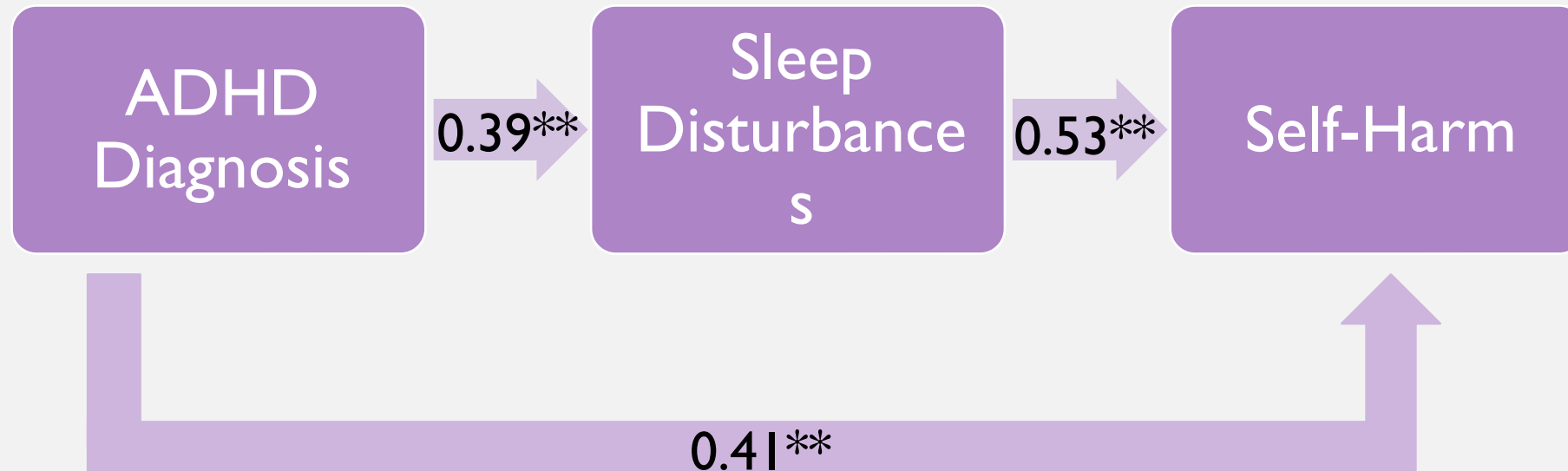
Sleep Disorder Scale for Children

Anxiety and Depression Scale for  
Children

Self-harm Behavior Assessment  
Inventory



## RESULTS



Findings revealed significant positive association between ADHD and sleep disturbances ( $B = 0.39$ ,  $p < 0.001$ ), and between sleep disturbances and self-harm ( $B = 0.53$ ,  $p = 0.002$ ). ADHD directly predicted self-harm ( $B = 0.41$ ,  $p = 0.007$ ). The indirect effect of ADHD on self-harm through sleep disturbances was significant ( $B = 0.22$ ,  $p = 0.002$ ), like total effect ( $B = 0.62$ ,  $p = 0.002$ ).

# CONCLUSION

- There is not enough research on how ADHD, sleep problems, and self-harm affect each other.
- This study wants to learn more about the significant role of sleep difficulties in this relationship.
- Research suggests a potential link between ADHD and self-harm, with sleep problems possibly acting as a contributing factor.

## CONCLUSION: **WHAT SHOULD WE DO?**

- Prioritizing effective management of ADHD and sleep disturbances is crucial for minimizing self-harm risk in this population.
- This insight holds significant clinical implications for managing self-harm risk in youths with ADHD.

SPECIAL THANKS TO...

THANKS FOR YOUR ATTENTION

