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MULTIPLE SELF-MUTILATIONS IN ADULT ATTENTION DEFICIT HYPERACTIVITY DISORDER

YETİŞKİN DİKKAT EKSİKLİĞİ HİPERAKTİVİTE BOZUKLUĞUNDA ÇOKLU KENDİNE ZARAR VERME

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Dear editor,

Self harm behavior is a frequently reported maladaptive behavior in the general population. The association of attention deficit hyperactivity disorder (ADHD) with self harm behavior is rare. In this paper, a case with ADHD was mentioned.

Twenty-four-year-old married male patient was admitted with complaints of irritability. Six years ago, he committed suicide by shooting to the right temporal region with a blank cartridge pistol. Scars which are in 1.3 cm diameter were present in his on the right temporal scalp (Figure1). In addition, there were self-mutilation incision scars on the arms, forearms, abdomen and chest (Figure 2). In order to close the incision scars he had tattoo in his left forearm. He had difficulty maintaining his attention at work. He worked disorganized and could not complete his work on time. Therefore, he has been warned by his boss. He suffered from forgetfulness, irritability, restlessness and losing his belongings. He talked excessively and interrupted others. He hated traffic congestion and was cutting in and out of traffic.

According to DSM-5 he was diagnosed adult ADHD. Right temporal bioelectrical disruption was detected in his EEG (electroencephalogram). After the suicide attempt,



Figure 1: Scars which are in 1.3 cm diameter were present in his on the right temporal scalp.

although he had no damage in his scalp it was thought that neuronal damage occurred due to the blast effect. No epileptic seizures were observed. Levitiracetam (1000 mg/day) treatment was prescribed to him. His impulsive behaviors have been decreased after treatment.

Although abnormal impulsivity and poor self control are



Figure 2: Self-mutilation incision scars on the arms, forearms, abdomen and chest.

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common, there are few studies about self-mutilation in ADHD. Only 15 studies were found in first review which were conducted by Allely (2014). According to these studies, ADHD is a risk factor for suicide attempts and self-mutilation (Hinshaw et. al., 2012; Hurtig et. al., 2012; Alley, 2014) Self-mutilation and suicide attempts were often seen together. Self-harm behavior might be in the form of open wounds on the skin with a razor blade. In this case, wounds have not been sutured. In this reason it was cause serious aesthetic problem. He closed part of scars on his left forearm with tattoo.

If there is self mutilation in patient, It should be noted that the possibility of suicide. ADHD may be a risk factor for suicidal ideation, suicidal behavior and self-mutilation. Correlation of suicidal behavior and self-mutilation are common. Antiepileptic drugs may treat impulsivity and aggression in ADHD.

Sincerely,

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