

Folia Health Canopy Series

Summer 2023

ADHD and ADD



General Overview

What inspired canopy series

You have the power to change the way you advocate for your health. Through Canopy Series, we aim to show you that not only do your tracking habits matter to you, but have the ability to help others like you. Having symptoms or a condition can be scary and isolating, and we can learn how others are handling their care, and use this knowledge to better advocate for ourselves.

Moving forward with community driven research

As the Folia Community continues to grow, we hope to continue holding space for the sharing of knowledge. Contributing to research is a common desire amongst the Folia community, but participating in a clinical trial does not allow you to see some of the details of what others are doing. This provides the opportunity to contribute to research, while also seeing results in real time.

ADHD and ADD Community Snapshot

number of participants

940

number of data points

5596

More about ADHD and ADD

Individuals reported an average anxiety severity of

5.47

on a scale of 1-10.

Symptom Tracking Volume Per Person Per Month and Average Tracked Severity

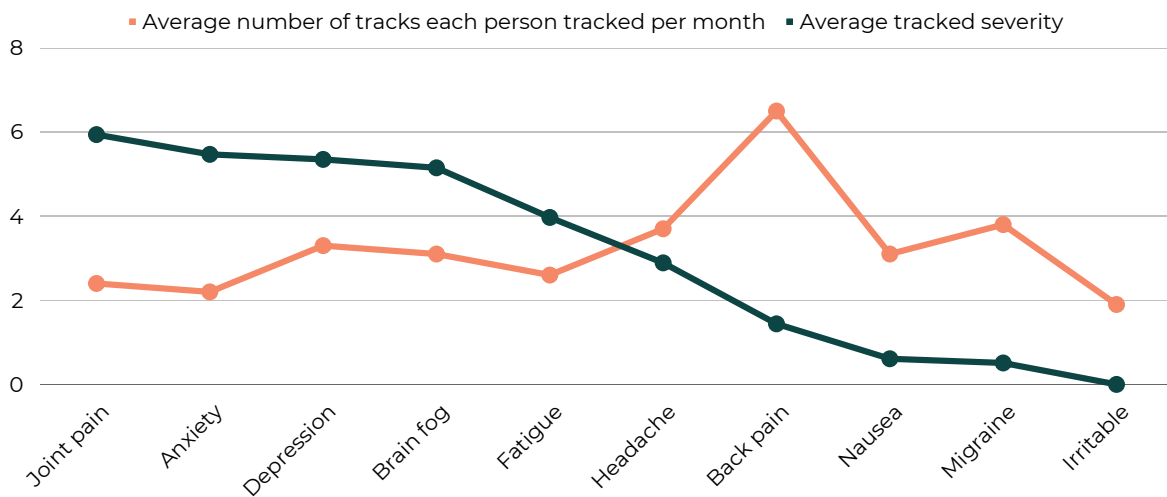


Figure 1.

Additional Yes/No Questions

Are you experiencing brain fog?

75.0% of respondents reported Yes

Do you feel irritable?

69.0% of respondents reported Yes

Note: Individuals choose whether to ask these questions as Yes/No or on a scale of 1-10

Analysis of Symptomatology

In figure 1 above, participants tracked back pain at the highest rate, with 6.5 average number of monthly tracks per person. However, this symptom did not have the highest tracked severity.

Joint pain had the highest average tracked severity at 5.9, but was only tracked an average 2.4 times per month by each individual participant.

Interestingly, 69.0% of individuals who chose to track irritability as a yes/no question reported yes to having experienced the symptom, while those who reported on a scale of 1-10 reported not experiencing the symptom, which reflects as a 0 on the above graph.

Medication Use

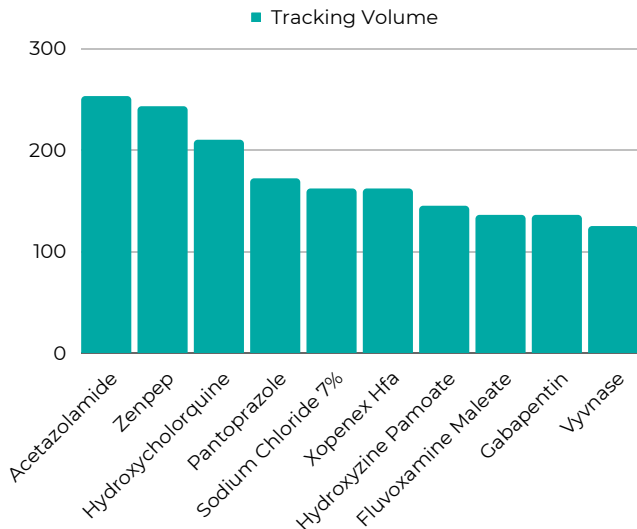


Figure 2.

Utilization of other treatments

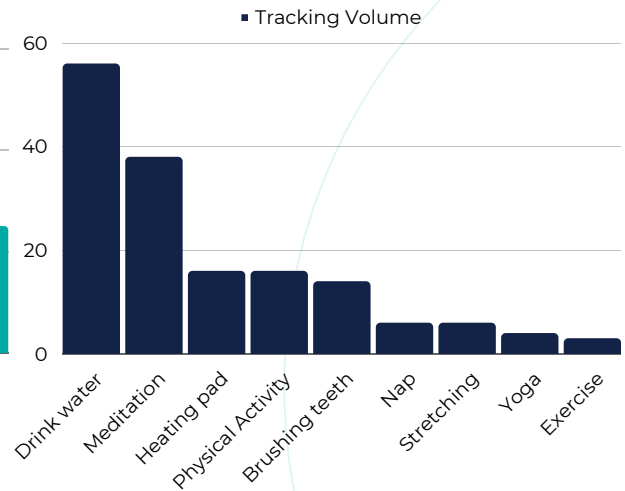


Figure 3.

Analysis of all treatments and comorbid conditions

Figure 2 shows Acetazolamide was tracked most often with 253 total tracks. Zenpep was the next most common treatment with 243 total tracks.

Between the population of 940 individuals, 362 total comorbid conditions were reported. 526 individuals reported having an anxiety disorder, and 467 individuals reported having depression. 6 individuals reported having Cystic Fibrosis, and 136 reported having asthma.

Canopy Series wouldn't be possible without you

Thank you so much for your participation

You matter and your health experiences matter. Conditions often are heterogeneous meaning they can present themselves differently in each individual. While your specific experience is unique to you, we also know you may encounter situations similar to others.

This project was inspired by a theme of a Maya Angelou poem - that we are more alike than we are unlike. In the healthcare world, why don't we take more time to learn from others? This is our first step towards making this possible.

Your participation in research helps to inform others as they embark on or manage their ADHD or ADD journey. As you continue to track more, we will be able to answer more of your questions. We are so grateful you are part of the Folia Community, and we look forward to future research projects.

Happy Tracking!

We are more alike, my friends,
Than we are unlike.
-Maya Angelou