



## Poster

 2025年9月26日(金) 10:00 ~ 11:00  Poster Session (Foyer 2)**Poster 15****[P-15-04] Trends in diagnoses in adult developmental disorder outpatient clinics  
-Five years on-**

\*Yoshifumi Nakamura<sup>1</sup>, Haruhisha Oota<sup>1,2</sup>, Motoaki Nakamura<sup>2</sup>, Tsukasa Okimura<sup>2</sup>, Mari Yamada<sup>1</sup>, Ayaka Nakai<sup>1</sup>, Yasusshi Oda<sup>1</sup>, Takashi Nishio<sup>1</sup>, Akira Iwanami<sup>1</sup> (1. Showa Medical University Psychiatry Department (Japan), 2. SHOWA Medical University Medical Institute of Developmental Disabilities Research (Japan))

キーワード : Review of medical records、autism spectrum disorder、ADHD、specialized outpatient clinic for adult developmental disorders

[Objective] Showa Medical University has had a specialized outpatient clinic for adult developmental disorders since 2007. Previously, we retrospectively investigated the medical records of patients who visited the adult developmental disorder specialist clinic from April 2008 to March 2017, and reported on their age, sex, diagnosis, AQ score, etc. This time, we investigated from April 2017 to March 2022.[Method] We retrospectively investigated the medical records of the developmental disorder specialist clinic from April 2017 to March 2022 and compared the results with the previous results. The diagnoses of Asperger's syndrome, pervasive developmental disorder, and autism were summarized as autism spectrum disorder (ASD).[Results] Compared to the previous survey, the average age tended to be younger overall. In addition, the gender ratio was not significantly different from the previous survey for any diagnosis, but the proportion of women was relatively increased in diagnoses other than ASD + ADHD and developmental disorders. In this survey, the proportion of patients diagnosed with developmental disorders as their main illness increased. In particular, the proportion of patients with ASD+ADHD increased significantly. AQ scores generally declined. [Discussion] The younger average age of patients suggests more people are seeking medical care earlier due to increased awareness of developmental disorders. The increased proportion of patients diagnosed with developmental disorders suggests that accurate knowledge has spread and more reliable patients are seeking medical treatment. The increased proportion of patients with ASD+ADHD represents a change in the awareness of diagnosing physicians due to changes in diagnostic criteria. The decreased proportion of patients diagnosed with ADHD may be due to the increase in ASD+ADHD as well as the increased activity of ADHD specialist outpatient clinics at our hospital. The lower AQ scores suggests that the ASD characteristics of those diagnosed with developmental disorders may be becoming milder.