

A-Typical Neurodiversity: ADHD Bi-Sexual Women a Thesis

Dedicated Survey

Attention-Deficit/Hyperactivity Disorder (ADHD) significantly impacts various aspects of life, yet its influence on sexual and reproductive health remains under-researched, particularly in women. Emerging evidence indicates that individuals with ADHD, especially women, face heightened challenges in their sexual health, including hypersexual behaviours, increased sexual risk-taking, and higher rates of sexual dysfunction. Women with ADHD are also more likely to experience difficulties in romantic relationships, maintain focus during sexual activities, and break societal sexual norms.

The problem is that healthcare providers and sexual health education programs often overlook the intersection between ADHD and sexual health, leaving individuals with ADHD without the necessary resources to manage their sexual behaviours effectively. This gap in care highlights the urgent need for comprehensive, gender-sensitive interventions to address the specific sexual and reproductive health challenges faced by individuals with ADHD.

1. What is your age group?

18 – 15

26 – 35

36 – 45

46 – 55

56+

2. Have you been diagnosed with ADHD by a Professional or self-test?

Yes - Self-Report Scale (ASRS)

Yes – Professional

No

3. Have you been diagnosed with any other Neurodivergent symptoms / disorders? Please list them if you have, include all.

4. What is your Sexual orientation?

Bisexual

Homosexual

Heterosexual

Other

5. How much does your ADHD symptoms, such as impulsivity and inattention, affect your sexual behaviour?

6. How does these challenges impact your communication and connection with your partner(s)?

7. Are there specific strategies you've found that help in managing relationship challenges related to ADHD?

(Example: SMART Goals or Diary planning)

8. How do you feel ADHD affects your ability to form or maintain close relationships compared to others without

ADHD? *(Example: I feel disconnected)*

Influence of Symptoms on Sexual Behaviours

9. How do you deal with contraception use and sexual health maintenance? *(Example: Whatever...)*

10. Do you experience sexual risk-taking or impulsive sexual tendencies? *(Example: I think about it, but don't act on it.)*

11. Can you provide examples of situations where impulsivity or inattention influenced a decision in a romantic or sexual context?

12. In what ways do you feel your ADHD symptoms impact your ability to set boundaries or communicate needs during intimate interactions?

13. How do you perceive the influence of ADHD symptoms on your comfort level or openness in exploring sexuality? *(Example: 0-100%)*

Navigation of Contraception, Risk, and Health

14. What factors contribute to your choices around contraception use, and how does ADHD impact those choices? *(Example: I sometimes rely on reminders from my partner)*

15. How often do you engage in activities related to sexual health maintenance, such as regular STI checks or contraceptive use, and what are some barriers to these? *(Example: Occasionally (once every 1–2 years))*

16. What are some barriers you face with sexual health maintenance? *(Example: I often forget to schedule appointments or follow through.)*

Psychosocial Impacts on Identity and Self-Perception

17. How does ADHD affect your feelings of confidence or self-worth in sexual and non-sexual situations? *(Example: ADHD greatly affects my confidence in sexual situations.)*

18. In what ways, if any, has your body image or perception of attractiveness been impacted by experiences related to ADHD? *(Example: ADHD has negatively affected my body image.)*

19. How has ADHD shaped your understanding or expression of your sexual identity over time? *(Example: ADHD sometimes causes me to feel uncertain about my sexual identity.)*

20. May I contact you for a one-on-one interview?

Yes

No

If yes, please include your contact details below.