

# IQVIA Snapshot

## Prevalence and Treatment of Mental Health Disorders

### Trends in the use of medications for the treatment of Attention Deficit Disorder with or without Hyperactivity in Canada, 2019–2022

IQVIA's definition of the psychotherapeutic class of medication for mental health includes four main subcategories: antidepressants, anxiolytics/hypnotics, antipsychotics, and psychostimulants.

This Snapshot presents a few highlights taken from the Dashboard on the use of medications for the treatment of Attention Deficit Hyperactivity Disorder (ADHD) in children, adolescents, and adults, which is characterized by the presence of various manifestations, including excessive inattention, hyperactivity, and impulsive behaviours. The prevalence and demographic characteristics of consumption in the general Canadian population are presented for 2019, 2020, 2021, and 2022. See page 4 for limitations to using IQVIA data.

#### National Psychostimulant Utilization Highlights

The use of ADHD-specific medications has steadily increased in Canada in recent years. This trend is observed in all Canadian provinces and elsewhere in the world.<sup>1</sup>

The table below shows that all the indicators in the psychostimulant class are on the rise. For Canada as a whole, an increase from 2.4% to 3.2% in prevalence was observed between 2019 and 2022.

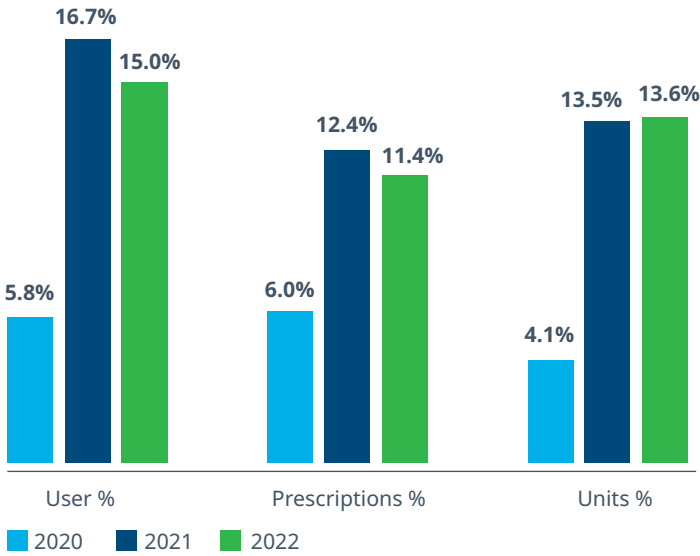
#### General statistics on psychostimulant use in Canada

	PREVALENCE	INDIVIDUALS WHO HAVE USED PSYCHOSTIMULANTS	PSYCHOSTIMULANT PRESCRIPTIONS DISPENSED	UNITS* (SINGLE STANDARDIZED DOSES)
<b>2022</b>	3.2%	1,268,501	11,084,067	392,221,807
<b>2021</b>	2.9%	1,102,825	9,952,262	345,153,663
<b>2020</b>	2.5%	944,878	8,854,976	304,147,723
<b>2019</b>	2.4%	893,463	8,352,896	292,168,400

1. <https://www.additudemag.com/statistics-of-adhd/>

\*Given that prescription durations vary across provinces (e.g., 30 or 90 days), units are a meaningful comparative indicator.

**Annual increase between 2019 and 2022  
Psychostimulants – Canada**



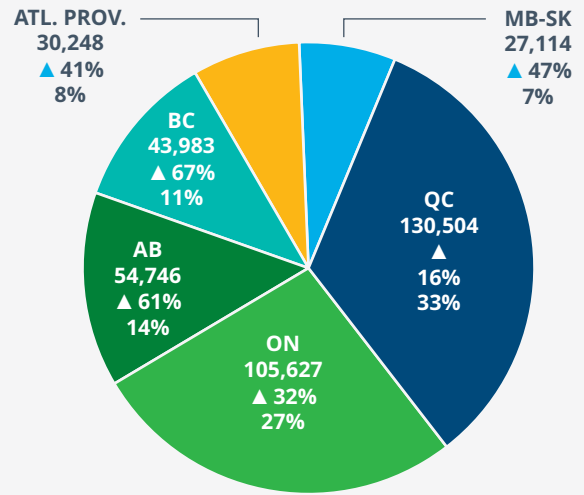
The number of users, prescriptions, and units (tablets) all show marked annual increases in 2021 with 16.7%, 12.4%, and 13.5% respectively, and the same trend continues in 2022 with 15%, 11.4%, and 13.6%.

**Provincial trends**

The graph below shows a prevalence rate increase in all Canadian provinces between 2019 and 2022. In 2022, Quebec had the highest prevalence rate in Canada at 4.5%, and Ontario had the lowest at 2.3%.

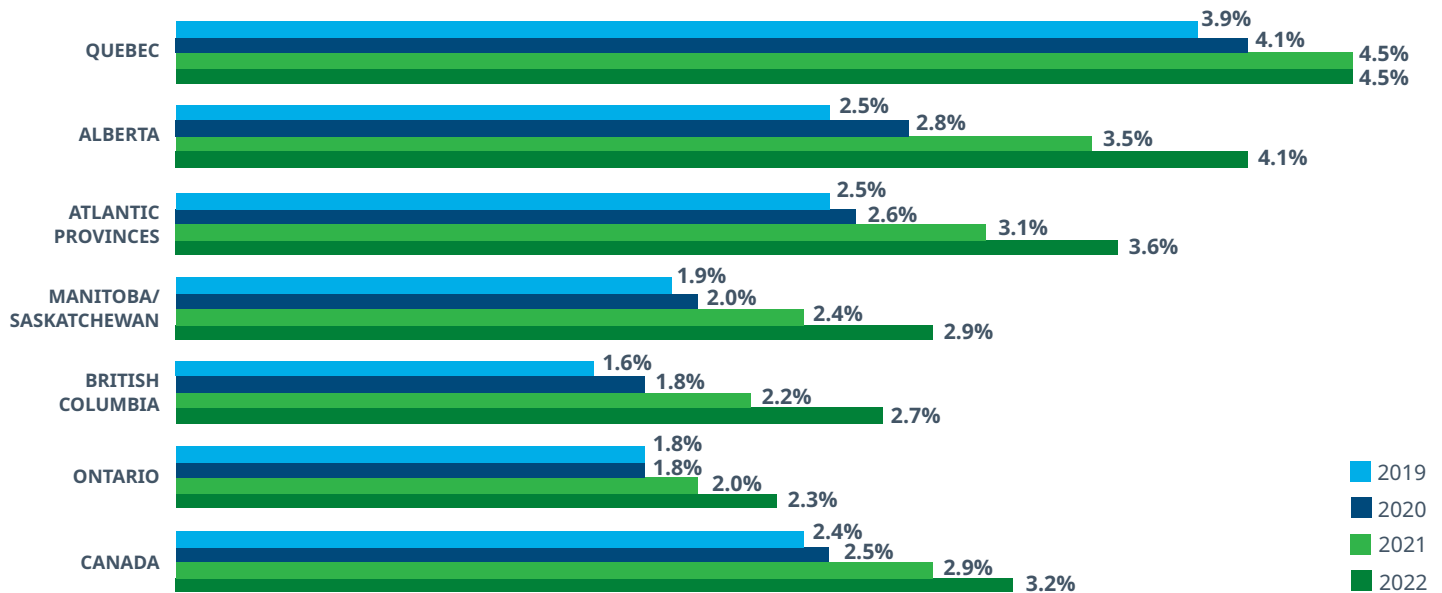
In Canada and in all provinces, the number of units (tablets) of psychostimulants dispensed increased between 2019 and 2022, with increases of 67% in British Columbia and 61% in Alberta.

**Units of psychostimulants dispensed by province in 2022 (in thousands) – Growth between 2019 and 2022 – Proportion by Province/Canada 2022**



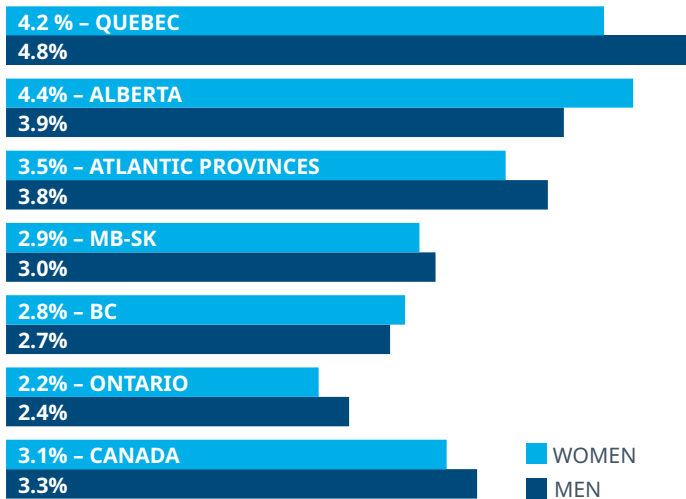
The number of units dispensed in Quebec corresponds to 33% of all units dispensed in Canada in 2022, in line with the high level of prevalence in this province.

**Prevalence of psychostimulant dispensing by province**



## Demographic Analysis

### Prevalence of psychostimulant dispensing by gender, by province – 2022



In 2022, prevalence among males was generally higher than women in most of the provinces, with the exception of Alberta and British Columbia. In Canada, the highest prevalence rate was in Quebec (4.8% for men), followed by Alberta (4.4% for women). Ontario had the lowest rates for both men and women, at 2.4% and 2.2% respectively.

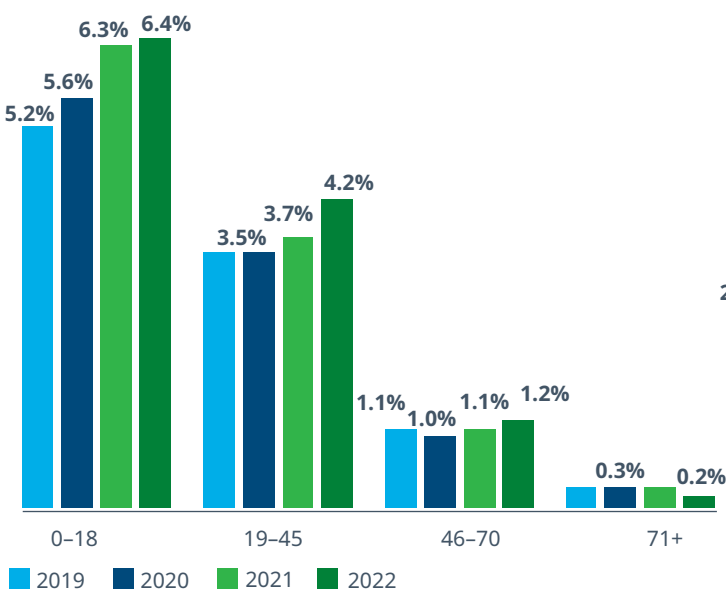
### PREVALENCE OF PSYCHOSTIMULANT DISPENSING BY GENDER, PROVINCE, AND AGE GROUP, 2022

PROVINCE	MEN			WOMEN		
	0-18	19-45	46-70	0-18	19-45	46-70
QUEBEC	11.2%	5.5%	1.7%	6.4%	6.9%	2.1%
ATLANTIC PROVINCES	7.9%	5.6%	1.3%	4.0%	7.2%	1.6%
ALBERTA	6.0%	5.1%	1.7%	3.5%	7.5%	2.4%
MANITOBA/SASKATCHEWAN	5.6%	3.5%	1.0%	3.1%	5.0%	1.2%
BRITISH COLUMBIA	4.9%	3.7%	1.1%	2.7%	5.1%	1.3%
ONTARIO	4.3%	3.2%	0.9%	2.2%	4.1%	1.1%
CANADA	6.4%	4.2%	1.2%	3.5%	5.5%	1.6%

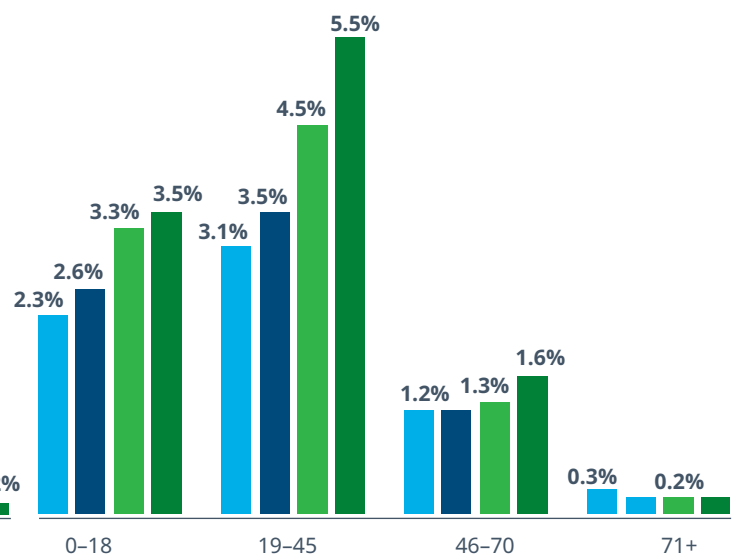
In 2022, among males aged 0-18, Quebec had the highest prevalence in Canada at 11.2% (**1 in 9**), and Ontario had the lowest at 4.3% (**1 in 23**).

In 2022, 98% of prescriptions for psychostimulants were written in Canada by physicians in family medicine (65%), pediatrics (17%), and psychiatry (16%).

### Prevalence of psychostimulant dispensing among males, by age group, Canada



### Prevalence of psychostimulant dispensing among females, by age group, Canada



In Canada, for all four years under study, the prevalence rate for males in the 0-18 age group was significantly higher than for females. In 2022, there was also a marked increase in prevalence among both men and women aged 19 to 45.

## Data Sources and Methodology

The statistics are generated from [fully anonymized] prescriptions for psychotherapeutic medications dispensed by a panel of community pharmacies during 2019, 2020, 2021, and 2022, and correspond to approximately 80% of all prescriptions dispensed in Canada (new Rx and refills). Estimation algorithms were used to assess the missing 20%, thus obtaining a complete picture of the dispensing of these drugs and allowing a representative analysis. Population data from Statistics Canada<sup>2</sup> was used to calculate proportions and per capita rates.

This report is based on the following IQVIA data services: IQVIA Geographic Prescription Monitoring (GPM), IQVIA Longitudinal Prescription data, and IQVIA Prescriber-level data.

*This report was produced independently by IQVIA Canada as a public service, without industry or government funding. IQVIA complies with all legislation relating to the protection of personal health information, and IQVIA does not collect any data on prescription drugs that can identify a patient or that can be used for this purpose.*

### List of molecules included in each category of psychostimulant medications:

#### PSYCHOSTIMULANTS

- Amphetamine
- Atomoxetine
- Dextroamphetamine
- Guanfacine
- Lisdexamfetamine
- Methylphenidate (Ritalin)

#### Limitations

There are limitations to the use of IQVIA data, which does not include information on:

- Prescriptions written but never dispensed
- Prescriptions dispensed in hospitals and prisons
- Medications not taken by patients
- Diagnoses for which prescriptions were dispensed
- Clinical indication or morbidity

## About IQVIA

IQVIA is a leading global provider of advanced analytics, technology solutions, and clinical research services to the life sciences industry. IQVIA creates intelligent connections across all aspects of healthcare through its analytics, transformative technology, metadata resources and extensive domain expertise. IQVIA Connected Intelligence™ delivers relevant insights with speed and agility—enabling its customers to accelerate the clinical development and commercialization of innovative medication treatments that improve healthcare outcomes for patients. With approximately 87,000 employees, IQVIA conducts operations in more than 100 countries.

Established in Canada in the 1960s, IQVIA is a leading provider of evidence-based health insights serving the Canadian medical-pharmaceutical sector. Its excellent reputation is based on its ability to forge partnerships with various public and private sector stakeholders who share the same goal: to constantly improve the quality of healthcare in a more connected ecosystem.

Offering the world's largest source of healthcare data, IQVIA provides Canada-wide data for both the public and private sectors. IQVIA's insights and execution capabilities help biotech, medical device and pharmaceutical companies, medical researchers, government agencies, payers, and other healthcare stakeholders tap into a deeper understanding of disease, human behaviour, and scientific advances to improve patient health.



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2. <https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/dt-td/Index-eng.cfm?LANG=E&SUB=98P1001&SR=0&RPP=10&SORT=date>