

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*



# Trends in the use of medications for the treatment of attention deficit disorder with or without hyperactivity in Canada, 2019 – 2023

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, 2022, and 2023. Refer to page 6 for the limitations associated with using IQVIA data.

## National psychostimulant utilization highlights

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

Between 2019 and 2023, the prevalence rate of individuals who received psychostimulants in community pharmacies in Canada increased from 2.4% to 3.7%. The number of users as well as prescriptions and units (tablets/capsules) dispensed increased by 67.7%, 55.7% and 58.3% respectively over the same period.

## General statistics on psychostimulant use in Canada and changes, 2019 - 2023

	PREVALENCE	INDIVIDUALS	PRESCRIPTIONS DISPENSED	UNITS DISPENSED*
2019	2.4%	890,040	8,266,685	286,828,450
2020	2.5%	941,395	8,774,235	299,078,927
2021	2.9%	1,097,155	9,936,079	340,839,162
2022	3.3%	1,294,236	11,427,447	396,660,060
2023	3.7%	1,493,026 ▲ 67.7%	12,873,811 ▲ 55.7%	454,076,398 ▲ 58.3%

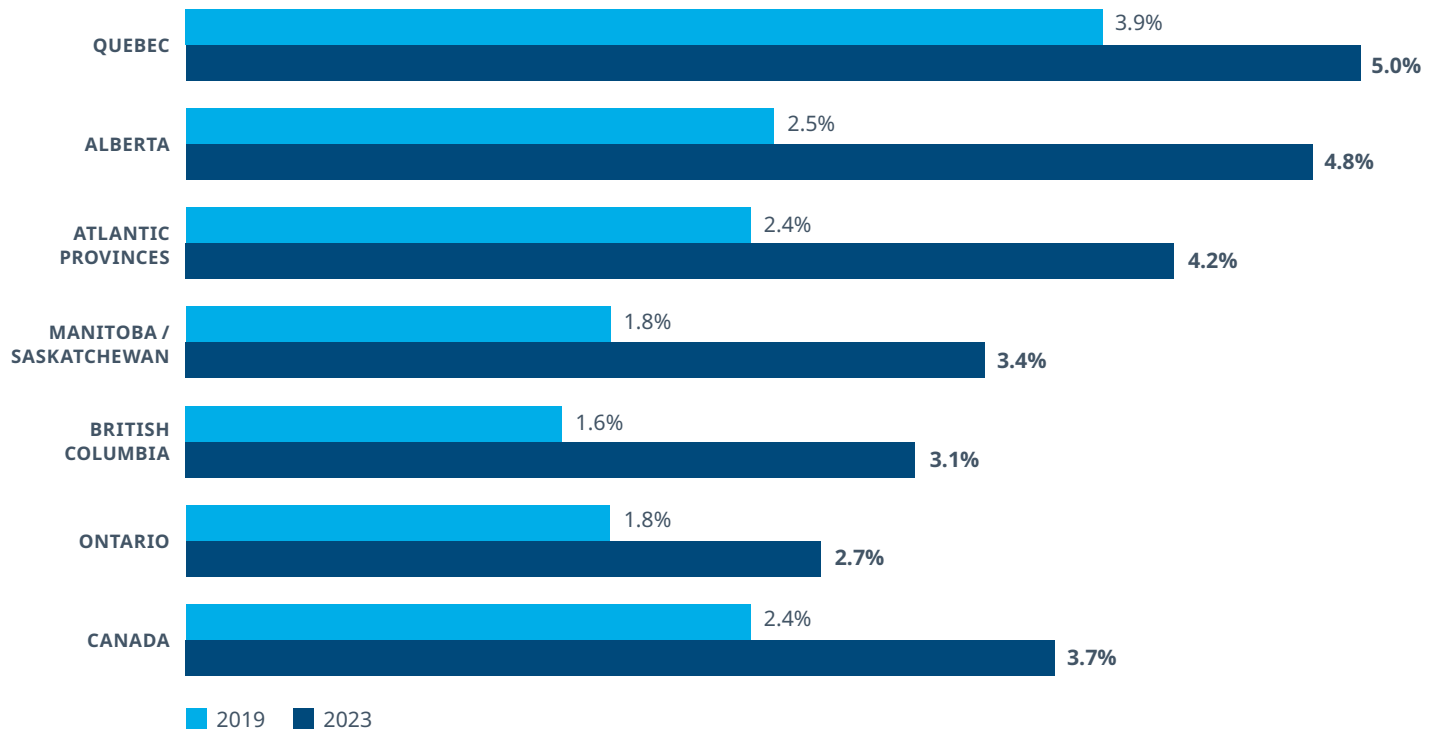
1. <https://www.forbes.com/health/mind/adhd-statistics/>

\* Since prescription durations vary from province to province (e.g. 30 or 90 days), units represent a relevant comparative indicator.

## Provincial trends

From 2019 to 2023, the prevalence rate of psychostimulant use increased in all Canadian provinces. In 2023, Quebec recorded the highest prevalence rate in Canada at 5%, while Ontario had the lowest at 2.7%.

### Prevalence of psychostimulant dispensing by province

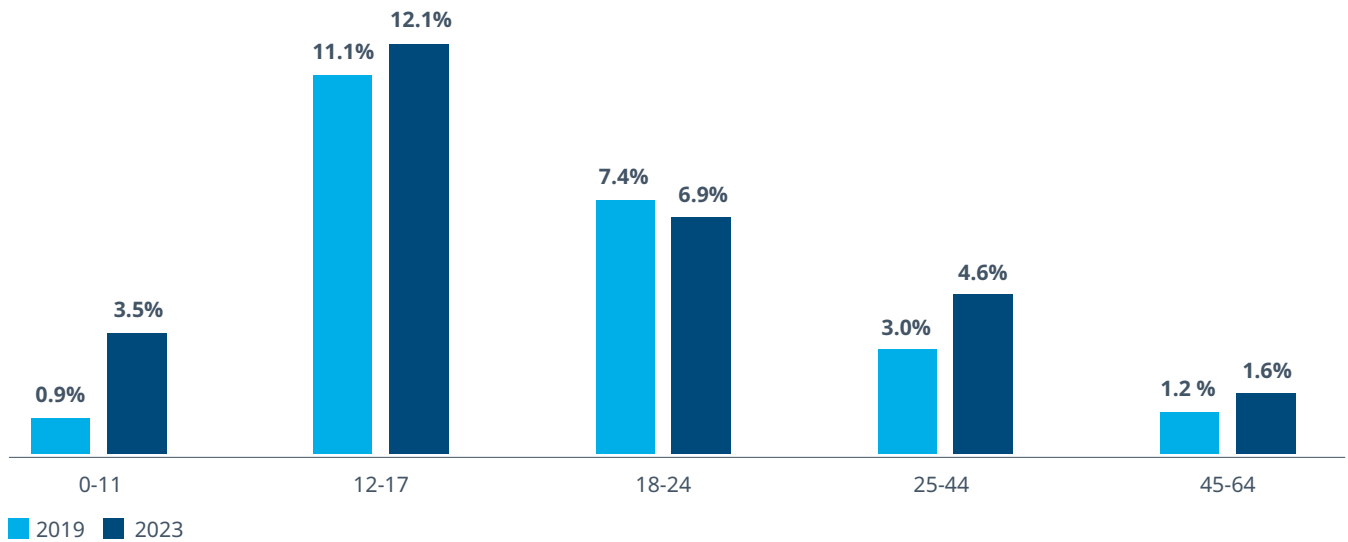


IQVIA has recently developed new indicators to enrich the reports, by integrating data on health regions from various Canadian provinces. Among these, Ontario is subdivided into 26 regions and Quebec has 15. The following table presents some examples. For more information, do not hesitate to contact us.

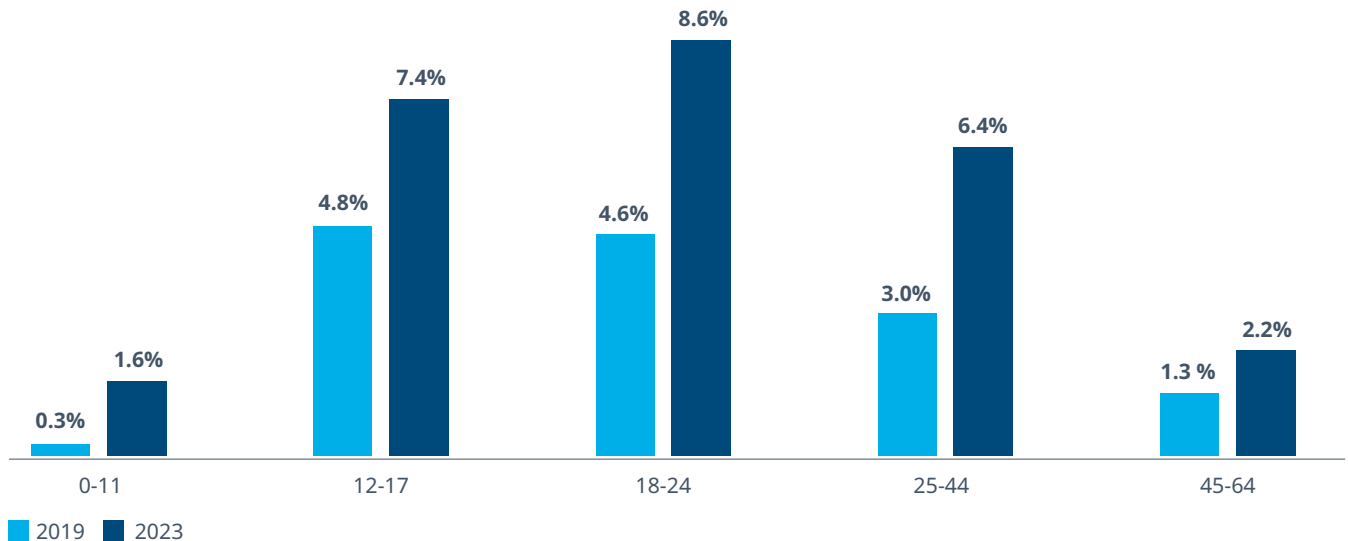
PREVALENCE OF PSYCHOSTIMULANT DISPENSING BY SELECTED PROVINCIAL HEALTH REGION		
	2019	2023
ISLAND HEALTH (BC)	2.0%	4.4%
NEW BRUNSWICK (ATL)	2.6%	4.6%
KINGSTON-FRONTENAC (ON)	3.0%	4.8%
SOUTH (AB)	3.5%	5.7%
SAGUENAY-LAC-ST-JEAN (QC)	6.2%	8.0%

## Demographic analysis

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

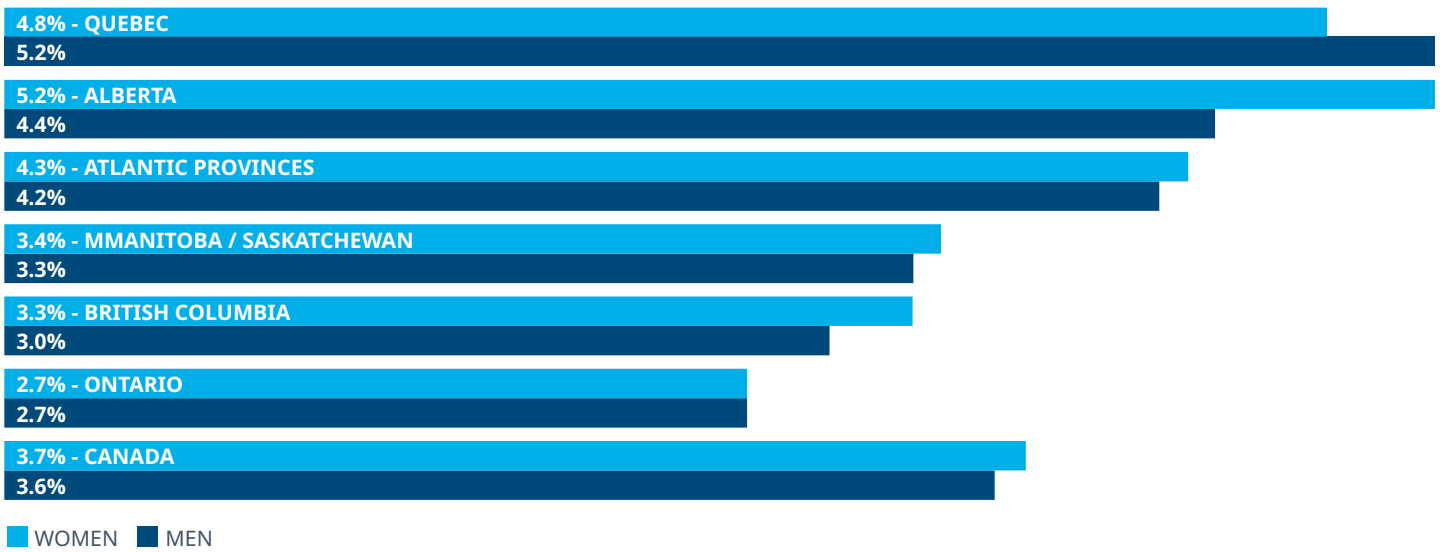


### Prevalence of psychostimulant dispensing among females by age group, Canada



In Canada, the prevalence rate among boys aged 12 to 17 is significantly higher than that of girls of the same age, both in 2019 and in 2023. During this period, girls aged 12 to 17 and young women aged 18 to 24 and 25 to 44 showed increases of 2.6%, 4% and 3.4%, respectively, reaching prevalences of 7.4%, 8.6% and 6.4% in 2023.

## Prevalence of psychostimulant dispensing by gender, by province - 2023



In 2023, the prevalence among women was equal to or higher than that of men in all provinces except Quebec, which had the highest prevalence in Canada at 5.2% among men and 4.8% among women. In contrast, Ontario had the lowest prevalence at 2.7% for both genders.

PREVALENCE OF PSYCHOSTIMULANT DISPENSING BY GENDER, PROVINCE, AND AGE GROUP, 2023										
PROVINCE	MEN					WOMEN				
	0-11	12-17	18-24	25-44	45-64	0-11	12-17	18-24	25-44	45-64
QUEBEC	5.8%	<b>22.3%</b>	10.7%	5.5%	2.2%	2.9%	<b>13.6%</b>	11.3%	7.4%	3.0%
ATLANTIC PROVINCES	4.6%	13.7%	7.8%	6.4%	1.8%	2.0%	8.1%	10.4%	9.0%	2.3%
ALBERTA	3.3%	11.6%	8.2%	5.8%	2.1%	1.4%	7.7%	11.4%	8.9%	3.3%
MANITOBA / SASKATCHEWAN	3.2%	10.6%	5.8%	3.9%	1.3%	1.3%	6.9%	7.7%	6.1%	1.8%
BRITISH COLUMBIA	2.8%	8.8%	5.3%	4.3%	1.4%	1.2%	5.6%	7.4%	6.3%	1.9%
ONTARIO	2.4%	<b>7.9%</b>	5.2%	3.6%	1.2%	1.0%	<b>4.5%</b>	6.8%	4.8%	1.5%
CANADA	3.5%	12.1%	6.9%	4.6%	1.6%	1.6%	7.4%	8.6%	6.4%	2.2%

In 2023, Quebec had the highest prevalence rates in Canada among boys and girls aged 12 to 17, at 22.3% and 13.6% respectively. Conversely, Ontario had the lowest prevalence in this same age group at 7.9% among boys and 4.5% among girls.

In 2023 in Canada, 66% of prescriptions for psychostimulants were issued by family physicians, 17% by pediatricians and 15% by psychiatrists.

## 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, 2022, and 2023, 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.

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

#### PSYCHOSTIMULANTS

- Amphetamine
- Atomoxetine
- Destroamphetamine
- 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

*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.*

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>

## 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 since the 1960s with over 1,600 employees, IQVIA is a leading provider of evidence-based health information services to the Canadian medical and pharmaceutical industry. Its excellent reputation is based on its ability to forge partnerships with various stakeholders in the public and private sectors who share the same goal: to constantly improve the quality of health care 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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