

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder characterized by a persistent pattern of inattention and/or hyperactivity/impulsivity that occurs in academic, occupational, or social settings. Problems with attention include making careless mistakes, failing to complete tasks, problems staying organized and keeping track of things, becoming easily distracted, etc. Problems with hyperactivity can include excessive fidgetiness and squirminess, running or climbing when it is not appropriate, excessive talking, and being constantly on the go. Impulsivity can show up as impatience, difficulty awaiting one's turn, blurting out answers, and frequent interrupting. Although many individuals with ADHD display both inattentive and hyperactive/impulsive symptoms, some individuals show symptoms from one group but not the others.

Inattentive Symptoms:

- often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities;
- often has difficulty sustaining attention in tasks or play activities;
- often does not seem to listen when spoken to directly;
- often does not follow through on instructions and fails to finish school work, chores, or duties in the work place (this failure is not due deliberately refusing to do it or not understanding instructions);
- often has difficulty organizing tasks or activities;
- often avoids or is reluctant to engage in tasks that require sustained mental effort;
- often loses things necessary for tasks or activities;
- is often easily distracted by extraneous stimuli;
- is often forgetful in daily activities;

Hyperactive/Impulsive Symptoms:

- often fidgets with hands or squirms in seat;
- often leaves seat in classroom or in other situations in which remaining seated is expected;
- often runs about or climbs excessively in which it is inappropriate (in adolescents and adults, may be limited to subjective feelings of restlessness);
- often has difficulty playing or engaging in leisure activities quietly;
- is often "on the go" or often acts as if "driven by a motor"
- often talks excessively;
- often blurts out answers before questions have been completed;
- often has difficulty awaiting turn;
- often interrupts or intrudes on others (e.g. butts into conversations or games)

To avoid diagnosing individuals who show only isolated difficulties, at least 6 inattentive symptoms and/or 6 hyperactive/impulsive symptoms must be present to possibly qualify for an ADHD/ADD diagnosis. In addition, these symptoms must have been present for at least 6 months to a degree that is considered inappropriate for the individual's age.

Read more about ADHD/ADD and related articles on following link

<http://www.helpforadd.com/what-is-adhd/>



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