

Treatment of Attention Déficit Hyperactivity Disorder:

Children who have ADHD may improve with treatment, but there is no cure. There are three basic types of treatment:

- ❖ **Medications:** The most common types of medications used to treat ADHD are stimulants. Medications help in concentration, learning, impulse control, and focusing on daily living tasks.
- ❖ **Psychotherapy:** Behavioral therapy is used to teach people with ADHD to control their behavior so they can perform better at school, at work, and at home.
- ❖ **Combination of therapy and medications:** The combination is the most effective in the treatment of ADHD.

For questions or concerns, discuss it with your doctor.

Educational Links (English):

- ❖ <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- ❖ <http://www.cdc.gov/ncbddd/adhd/index.html>
- ❖ <http://www.webmd.com/add-adhd/tc/attention-deficit-hyperactivity-disorder-adhd-topic-overview#1>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adhdhyperkineticdisorder.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/adhdinadults.aspx>



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Educational Booklet: *Attention Deficit Hyperactivity Disorder*

Attention Deficit Hyperactivity Disorder (ADHD) is a very common childhood mental health disorder. ADHD makes it difficult for a child to concentrate and pay attention, they can be hyperactive or have little patience or tolerance, resulting in difficulty performing in school or behaving at home.

To diagnose ADHD, symptoms should persist for more than 6 months and cause problems at school, at home, and on a social level. Symptoms are present before age 7, and often persist in adolescence and adult life.

Types of ADHD:

There are three different types of ADHD depending on the symptoms that predominate in the person:

- ❖ **Predominantly Inattentive Type:** The person is difficult to organize or finish a task, pay attention to details or follow instructions or conversations. Easily distracted or forget details about everyday activities.
- ❖ **Predominantly Hyperactive-Impulsive Type:** The person cannot stand still and talks a lot. It's hard for you to stay still for long. Young children tend to run, jump or climb constantly. The person feels uneasy and has impulsivity problems. He may interrupt others a lot, snatch things from them, or talk when he shouldn't. You find it difficult to wait your turn or hear instructions.
- ❖ **Combined Type:** The person presents equally the symptoms of the previous two types.

What causes ADHD?

ADHD can be caused by several factors, such as:

- ❖ Genes (inherited)
- ❖ Brain damage or delay
- ❖ The lead found in old paints
- ❖ Smoking and drinking alcohol during pregnancy
- ❖ Food additives, such as artificial dyes

Attention Deficit Hyperactivity Disorder Symptoms:

- ❖ Easily distract yourself and forget things often
- ❖ Quickly switch from one activity to another
- ❖ Having trouble following instructions
- ❖ Daydreaming or fantasizing too much
- ❖ Having trouble finishing tasks
- ❖ Losing toys, books, and school supplies frequently
- ❖ Being very restless and writhed a lot
- ❖ Talking non-stop and interrupting people
- ❖ Running around a lot
- ❖ Touch and play with everything they see
- ❖ Be very impatient
- ❖ Say inappropriate comments
- ❖ Having trouble controlling your emotions

Studies indicate that...

- ❖ ADHD affects between 5% - 10% of the infant-juvenile population.
- ❖ ADHD is a chronic disease because it persists and manifests beyond adolescence. Long-term follow-up studies have shown that between 60% - 75% of children with ADHD continue to develop symptoms through adulthood.
- ❖ ADHD is 3 times more common in males.

ADHD in adults:

When you reach adulthood, some of the characteristics or symptoms of ADHD that can be identified include:

- ❖ Decreased academic and professional function.
- ❖ Difficulties in social and emotional development – unsteady friendships, poorly lasting relationships.
- ❖ Conflicting behaviors.
- ❖ Substance addiction, such as alcohol and drugs.
- ❖ Depressive symptoms - due to emotional, work and educational deficiencies and a sense of school or professional failure.