

# Attention Deficit Hyperactivity Disorder (ADHD) Attention Deficit Disorder (ADD)



## What is ADHD/ADD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neuro-developmental condition that is usually identified in childhood, and may last into adulthood. ADHD can be harmful to an individual's social, work and family life, but effective treatments are available and have positive success rates in helping to manage the symptoms of the condition. Attention Deficit Disorder (ADD) is another type of the condition, without the hyperactive component

## Characteristics and Types

**Inattention** – having difficulty paying attention - commonly called ADD

**Impulsivity** – acting without thinking or having difficulty with self-control

**Hyperactivity** – having too much energy or moving and talking too much

## Triggers

### Biological

Genetic predisposition may have some influence

### Physiological

Caused by brain injury, unhealthy nutrition, imbalance of the chemical dopamine

### Social

Lack of a social support system

### Environmental

Includes, substance abuse during pregnancy, premature birth

## Common Signs

Having trouble focusing or concentrating on tasks

being forgetful about completing tasks

Being easily distracted by unrelated thoughts or stimuli

Having difficulty sitting still

Be constantly in motion or on the go

Seems not to listen when spoken to directly

## Managing the condition

Medication

Psychotherapy and talk therapy

Mindfulness, meditation and other relaxation techniques

Supportive mechanisms, such as healthy diet, exercise and good sleep regimen



Adam Levine



Howie Mendel



Justin Timberlake



Micheal Phelps



Paris Hilton



Solange Knowles

## Common Facts & Stats



**2.8%**

of the global under 18 population experience ADHD/ADD

**6 out of 10**

children who have been diagnosed with ADHD or ADD have other mental health conditions

Some country wide studies show:

31.7 percent of children with ADHD receive medication and behavioral treatment

30.3 percent take ADHD medication only

14.9 percent undergo behavioral treatment only

**Under 12 years**

is when most cases are diagnosed

## References

<https://chadd.org/about-adhd/general-prevalence/>

<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd>

<https://www.cdc.gov/ncbddd/adhd/facts.html>

<https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

<https://www.healthline.com/health/adhd/celebrities>