

ATTENTION DEFICIT *HYP*ERACTIVITY Disorder



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Attention deficit hyperactivity disorder (ADHD) is a condition characterized by inattention, hyperactivity and impulsivity. ADHD occurs in both children and adults, but is most often diagnosed in childhood.

With treatment, people with ADHD can be successful in school, work and lead productive lives. Researchers are using new tools such as brain imaging to better understand the condition and to find more effective ways to treat and prevent ADHD.

SYMPTOMS

While some behaviours associated with ADHD are "normal" and not a cause for concern to most people, someone with ADHD will have trouble controlling these behaviours and will show them much more frequently and for longer than 6 months.

Signs of Inattention include:

- Becoming easily distracted, and jumping from activity to activity.
- Becoming bored with a task quickly.
- Difficulty focusing attention or completing a single task or activity.
- Trouble completing or turning in homework assignments.
- Losing things such as school supplies or toys.
- Not listening or paying attention when spoken to.
- Daydreaming or wandering with lack of motivation.
- Difficulty processing information quickly.
- Struggling to follow directions.

Signs of hyperactivity include:

- Fidgeting and squirming, having trouble sitting still.
- Non-stop talking.
- Touching or playing with everything.
- Difficulty doing quiet tasks or activities.

Signs of impulsivity include:

- Impatience.
- Acting without regard for consequences, blurting things out.
- Difficulty taking turns, waiting or sharing.
- Interrupting others.