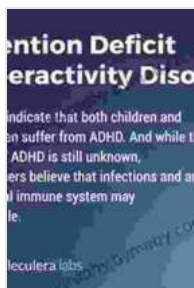


# Attention Deficit Hyperactivity Disorder (ADHD) in Children and Adults

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by difficulty paying attention, controlling impulsive behaviors, and managing emotions.



## ADHD: Attention-Deficit Hyperactivity Disorder in Children and Adults: Attention-Deficit Hyperactivity Disorder in Children, Adolescents, and Adults

by Paul H. Wender

★★★★☆ 4.4 out of 5

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ADHD is one of the most common mental disorders in children, affecting about 11% of children worldwide. It can also continue into adulthood, affecting about 4% of adults.

## Symptoms of ADHD

The symptoms of ADHD can vary from person to person, but they typically fall into three categories: inattention, hyperactivity, and impulsivity.

## **Inattention**

- Difficulty paying attention to details
- Making careless mistakes
- Difficulty following instructions
- Appearing to not listen when spoken to
- Losing things
- Being easily distracted
- Forgetfulness

## **Hyperactivity**

- Fidgeting or squirming
- Difficulty sitting still
- Talking excessively
- Running or climbing excessively
- Difficulty engaging in quiet activities

## **Impulsivity**

- Acting without thinking
- Interrupting others
- Difficulty waiting their turn
- Taking risks without considering the consequences

## **Diagnosis of ADHD**

ADHD is diagnosed by a mental health professional, such as a psychiatrist or psychologist. The diagnosis is based on a review of the person's symptoms, as well as a physical examination and a family history.

There is no single test that can diagnose ADHD. However, there are a number of tests that can help the doctor rule out other conditions that may be causing the symptoms.

## **Treatment of ADHD**

There is no cure for ADHD, but there are a number of treatments that can help manage the symptoms.

## **Medication**

Medication is the most common treatment for ADHD. There are a number of different types of medication that can be used to treat ADHD, including stimulants, non-stimulants, and antidepressants.

## **Therapy**

Therapy can help people with ADHD learn coping mechanisms to manage their symptoms. There are a number of different types of therapy that can be used to treat ADHD, including cognitive behavioral therapy (CBT), behavioral therapy, and parent training.

## **Education**

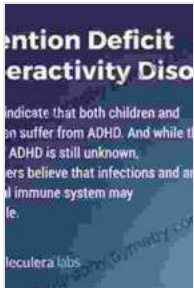
Education about ADHD can help people understand the disorder and learn how to manage their symptoms. Education can be provided by mental health professionals, schools, or support groups.

## **Prognosis for ADHD**

The prognosis for ADHD is generally good. With proper treatment, most people with ADHD are able to manage their symptoms and live full and productive lives.

However, ADHD can have a significant impact on a person's life. People with ADHD may have difficulty in school, at work, and in relationships. They may also be at an increased risk for developing other mental health disorders, such as anxiety and depression.

If you think you or your child may have ADHD, it is important to seek professional help. Early diagnosis and treatment can help improve the prognosis for ADHD.



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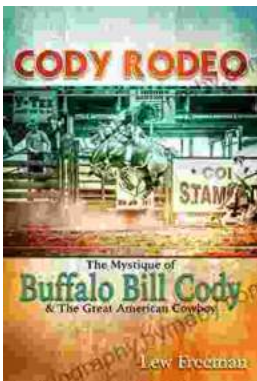
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