ATTENTION-DEFICIT DISORDER

Attention-deficit Hyperactivity Disorder (AD/HD) is one of the most common reasons children are referred for mental health services. It affects as many as 1 in every 20 children. Prevalence in adults is unknown as it remain too often undiagnosed.

EXPERIENCING TROUBLE WITH FOCUS AND ATTENTION IS NORMAL

BUT IF THESE BEHAVIORS ARE MORE SEVERE, OCCUR MORE OFTEN, AND INTERFERE WITH OR REDUCE THE QUALITY OF HOW YOU FUNCTION SOCIALLY, AT SCHOOL, OR IN A JOB

YOU MAY BE SUFFERING FROM ADHD.
Attention-deficit (ADD) and Attention-deficit and hyperactivity disorder (ADHD) are brain disorders marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.

**Attention-Deficit Disorder**

The primary characteristic of ADD without hyperactivity is significant inattentiveness.

Studies of children with this diagnosis indicate that they show more signs of anxiety, learning problems, and qualitatively different inattention.

**Attention-Deficit Hyperactivity Disorder**

ADHD is characterized by symptoms of inattention, impulsivity and hyperactivity which have an onset before age seven, persist for at least six months, and which are not due primarily to other psychiatric disorders or environmental circumstance, such as reaction to family stresses.

**How to Diagnose AD/HD**

This an overview of the DSM-5 stated method of Diagnosing ADD and ADHD.

Only trained Healthcare Providers can complete a diagnosis.

**Combined Presentation**

This type of AD/HD states that there are enough symptoms of both criteria inattention and hyperactivity-impulsivity were present for the past 6 months.

**Predominantly Inattentive Presentation**

This type of AD/HD states that enough symptoms of inattention, but not hyperactivity-impulsivity, were present for the past six months.

**Predominantly Hyperactive-Impulsive Presentation**

This type of AD/HD states that enough symptoms of hyperactivity-impulsivity, but not inattention, were present for the past six months.
The Difference in Symptoms of ADD between Adults and Children

**Adults**
- Distractibility
- Disorganization
- Forgetfulness
- Procrastination
- Chronic lateness
- Chronic boredom
- Anxiety

**Children**
- Fails to complete tasks
- Is fidgety or always on the go
- Has difficulty following/recalling instructions
- Runs or climbs inappropriately
- Talks excessively and difficulty listening
- Difficulty playing quietly
- Blurts out answers
- Has trouble waiting turn and Interrupts

What are the treatment options for general mood disorder?

**Medications**
Used in conjunction with education and counseling, it can provide a base from which adults can build new successes. The purpose of medication is to help one help him or herself. It provides the biological support needed for self-control. As such, the individual is not “controlled” by medication; the efforts to succeed are his or her own.

**Psychotherapy**
Appropriate treatment is determined by the severity of an individual’s disorder and the type/number of associated problems. Cognitive behavioral therapy can teach a person mindfulness techniques. A person learns to be aware and accepting of one’s own thoughts and feelings to improve focus and concentration.

MHA Georgia’s Tips and Tricks to Living Well with ADHD

1. Use internal structure. Use lists, notes, color coding, routines, reminders and files.
2. Choose “Good Addictions.” Employ your favorite healthy activities for a “blow-out” time.
3. Use Time-outs. Take time to calm down and regain perspective when overwhelmed. Walk away if needed.
4. Use Humor. Learn to view symptoms of ADD with humor and to joke with close friends and relatives.
5. Set up a Rewarding Environment. Design projects, tasks, etc., to minimize or eliminate frustration.
6. Become Educated and an Educator. Read books. Talk to professionals. Talk to other adults who have ADD.
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Georgia Crisis & Access Line
1-800-715-4225
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This information was provided by the National Institute of Mental Health. For additional information, please visit www.nimh.gov