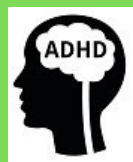


# ATTENTION-DEFICIT DISORDER

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 DISORDER

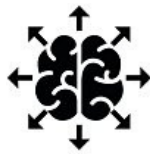
## What is attention deficit disorder ?

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.

# ATTENTION DEFICIT DISORDER

## The Difference in Symptoms of ADD between Adults and Children

### Adults

Distractibility	Depression
Disorganization	Low self-esteem
Forgetfulness	Mood swing
Procrastination	Employment problems
Chronic lateness	Restlessness
Chronic boredom	Substance abuse
Anxiety	Addiction

### 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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**For Immediate Access to Routine or Crisis Services**  
**Georgia Crisis & Access Line**  
**1-800-715-4225**  
**[mygcal.com](http://mygcal.com)**

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Mental Health. For additional information, please visit  
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