



What is ADHD

ADHD is one of the most common neurodevelopmental disorders. Recent data indicates that up to 8-10% of school age children meet the necessary criteria for a diagnosis of ADHD (Academy of Pediatrics, 2001).

Types of ADHD

Inattentive

Child exhibits significant inattention across multiple domains with no significant hyperactivity or impulsivity. This is what used to be considered ADD.

Hyperactivity Combined

Child exhibits adequate attentional control; however, presents with significant deficits with activity level and/or impulse control.

The most common form of ADHD in which the child struggles with paying attention as well as regulating behavior.

Population that has ADHD



ADHD is more common in males than in females. According to community and pediatrician surveys, the rate between males and females is

2:1

Inattention



- ★ Often makes mistakes in schoolwork.
- ★ Often has trouble keeping attention on tasks or play activities.
- ★ Often does not seem to listen when spoken to directly.
- ★ Often does not follow through on instructions and fails to finish schoolwork.
- ★ Often has trouble organizing activities.
- ★ Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time.
- ★ Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
- ★ Is often easily distracted.
- ★ Is often forgetful in daily activities.

Hyperactivity

- ★ Fidgets with hands or feet in seat when sitting still is expected.
- ★ Often gets up from seat when remaining in seat is expected.
- ★ Often excessively runs about or climbs when and where it is not appropriate (adolescents or adults may feel very restless).
- ★ Often has trouble playing or doing leisure activities quietly. Is often "on the go" or often acts as if "driven by a motor".
- ★ Often talks excessively.

Impulsivity

- ★ Often blurts out answers before questions have been finished.
- ★ Often has trouble waiting one's turn.
- ★ Often interrupts or intrudes on others.



How symptoms affect a child at

Home

- ★ Difficulty following morning routines.
- ★ Increase in frequency of arguments with parents/siblings.
- ★ Difficulty completing homework and daily chores.
- ★ Messy/disorganized room.

School

- ★ Difficulty remaining seated in class.
- ★ Difficulty completing work in a timely fashion.
- ★ Difficulty organizing materials.

Social

- ★ Difficulty regulating behavior on the playground.
- ★ Trouble interacting with peers.
- ★ Difficulty waiting turns during games.

Treatment



Pharmacological

- ★ Research indicates that pharmacological treatment is the treatment of choice for ADHD.
- ★ Focus is on improving attention and behavioral regulation.



Behavioral Therapy

- ★ Focus is on teaching the child. Behavioral regulation strategies to improve the frequency and duration of positive, on-task behaviors.
- ★ Establish a reinforcement schedule.
- ★ Modify the environment to focus on the child's strengths and areas of concern.



Parent/Teacher

- ★ Work with parents to establish realistic expectations regarding behavioral management and task completion.
- ★ Help identify that the child struggles with attentional regulation and executive functioning in clinical terms.