What is ADHD?

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Symptoms

- Impulsive behaviour
  - Variability
    - Volatile
    - Mood swings
    - Unpredictable
  - Social clumsiness
    - Never quite fits in
    - Silly
    - Bossy
    - Centre of attention
  - Impulsiveness
    - Speak out or act without thinking
    - Short fuse
  - Poor coordination
    - Clumsy
    - Poor handwriting

- Difficulty sustaining attention
  - Specific learning difficulties
    - Dyspraxia
    - Dyslexia
    - Dyscalculia
  - Disorganisation
    - Difficultly starting work
    - Forgets homework
    - Untidy
  - Inattention
    - Sights sounds stimulation all competing for attention at the same time
    - Easily distracted
    - Flitting from one thing to another
    - Poor short-term memory

- Hyperactivity
  - Insatiability
    - Goes on and on
    - Takes over conversations
  - Overactivity
    - Restless
    - Fidgety
    - Always out of seat

- ADD as above but without Hyperactivity

✓ Caused by

- Genes
- Brain damage
  - Before, during or after birth
- Reaction to major trauma

✗ Not caused by

- Can be aggravated but not caused by diet
- Bad parenting

Diagnosis

- Need information from
  - Parents
  - Student
  - School
- Rating scales
  - Conners Rating Scale
- Detailed accounts of child's history
- ADHD is a MEDICAL diagnosis
- Must show symptoms at home AND at school

Can cause stress

- Lack of sleep
- Poor self-esteem
- Trouble at school
- Difficulties with peers

Rates

- USA
  - 3-5%
- UK
  - 1%
- Australia
  - 2%
- Variation
  - Cultural differences?
  - Diagnosis?
- 5 times as many boys as girls