

ADHD

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Definition in general

Neurobiological disorder that includes a combination of inattentive, hyperactive, and impulsive behaviors that are developmentally inappropriate and severe enough to impair function at home/school.

→ more common in males than females, females with ADHD are more likely to primarily have inattention symptoms

ADHD is diagnosed as one of three types:

→ inattentive type

→ hyperactive/impulsive type

→ combined type

(American Psychiatric Association + National Institute of Mental Health + SLD book)

Definition in CZ

Developmental disorder on a neurological basis, characterized by an inappropriate degree of attention, hyperactivity and impulsivity with respect to the child's age.

We cannot explain it with other diseases.

It appears in several environments.

Problems must be long-term.

Definition in Slovenia

ADHD is a chronic neurobiological disorder that affects the regulation of activities (hyperactivity), behavioral inhibition (impulsivity), and task engagement (inattention). According to experts, about 8 to 10% of compulsory school children have it and it is three times more common in boys than in girls. Children with ADHD respond without thinking, have difficulty following instructions, have difficulty sitting still, have difficulty directing their attention, and have difficulty focusing on details.

The disorder can take three forms:

→ as an attention deficit disorder

→ as a hyperactivity disorder

→ as an attention and hyperactivity disorder

(Peklaj, 2016).

Causes

- brain damage, poor or inadequate prenatal nutrition and care, maternal alcohol or drug consumption during pregnancy, malnutrition, abusive home environments, genetic factors, high levels of stress, food additives or allergies, and physical, neurological, or psychiatric conditions.

- Slovenia:

→ Genetic

→ Neuroanatomical

→ Neurophysiological

Characteristics

→ six or more of the symptoms in each category, 17+ at least five

→ at least 6 months or more

→ the child must exhibit these behaviors in at least two settings (i.e., school, work, home)

→ symptoms must appear within 12 years

→ ADHD is often diagnosed when the child is in elementary school

→ diagnosed by a professional such as a physician or psychologist

(The Diagnostic and Statistical Manual of Mental Disorders:DSM-V)

Symptoms

INATTENTION

→they fail to give close attention to details or make careless mistakes

→they have troubles paying attention during tasks or activities

→they don't seem to listen when spoken to

→they have trouble to follow instructions and often fail to complete tasks

→they have organizational problems

→they avoid or dislike tasks that require sustained mental effort

→ they often lose things etc.

Symptoms

HYPERACTIVE BEHAVIORS

- they fidget - they can't keep their hands or feet still, or they squirm in their seat
- they leave their seat when they should not
- they often feel restless
- they talk a lot
- they are always in motion
- they have trouble engaging in leisure activities quietly

Symptoms

IMPULSIVE BEHAVIORS

→they speak or act without taking the time to think

→they interrupt others

→they have trouble waiting and are generally impatient

ADHD with other disorders

- 44% of them have at least one more disorder
- Learning disabilities- specific or general (ADD)
- Behavioral disorder (ADHD)
- Anxiety disorder, depression

Treatment

Medication - they improve the connectivity of brain centers.

Cognitive training - practices thought processes.

Relaxation - they cannot relax effectively.

Mindfulness meditation - helps with self-regulation and control of impulsive reactions.

Combined intervention (psychotherapy, medication, lifestyle and environmental adjustment).

Aids



Experience with ADHD

- Child – adult with ADHD
- Medication
- Academic success
- Social skills
- Anxiety

Activity...

Sources

Peklaj, C. (2016). Učne težave pri učencih z motnjo pozornosti in hiperaktivnosti. Ljubljana: Filozofska fakulteta.

Hutchins Paquette, P., & Gerson Tuttle, C. (2003). *Learning Disabilities*. Scarecrow Press.

<https://www.adhdchildhood.com/adhd-tools-resources>

<https://www.cdc.gov/ncbddd/adhd/diagnosis.html>

<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd>

<https://www.apa.org/topics/adhd>

**Thank you for
your attention!**