



ATTENTION DEFICIT HYPERACTIVITY DISORDER

Key Facts

- ADHD is a neurodevelopmental disorder.
- It affects behaviour and causes the child to be hyperactive, impulsive and/or inattentive.
- It usually begins during childhood.
- It is easy for a child with ADHD to feel out of control and misunderstood resulting in isolation and low self esteem.
- It is important to recognise a child with ADHD and support them with their mental health.

Overview

- The inattentive type where the child has difficulty in paying attention to detail and usually loses focus. They usually find it very hard to finish tasks.
- The hyperactive and impulsive type where the child has difficulty in remaining calm and they usually fidget, run or move around and act impulsive.
- The combined type which has symptoms from both inattentive and hyperactive and impulsive.

Factors

- ADHD is caused by a combination of genetic and environmental factors.
- ADHD runs in families and therefore is genetic.
- If the child is born with a low birth weight, preterm or have other problems during birth it may increased chances of developing ADHD.
- Problems during pregnancy like smoking or consuming alcohol may increase risk.
- Lead exposure at a young age.
- Brain injury, epilepsy.
- Iron deficiency.

Symptoms of Inattentive Type

- Failing to pay attention.
- Careless mistakes.
- Difficulty maintain concentration.
- Difficulty following instructions and finishing tasks.
- Difficulty with organising tasks.
- Dislikes tasks that need mental effort.
- Forgets their belongings usually.

Symptoms of Hyperactive & Impulsive Type

- Constant fidgeting. Not being able to sit still.
- Running around and climbing situations.
- Difficulty staying calm and quiet during activities.
- Always on the go and is difficult to keep up with.
- Very talkative.
- Impulsively speaking before question is finished.
- Cannot wait for their turn.
- Often interrupts people.

Therapies

- Parent training and educational programs which aim in supporting parents to learn new skills that will help the child at home and at school.
- Cognitive Behavioural Therapy helps the child to learn social skills, problem solving skills, listening skills and self control.
- Medication is often used in treating ADHD. There are currently 5 different types of medication that is licensed within the UK.

Mindsum response

- Mindsum offers information support for those who have been diagnosed with ADHD or those who have a loved one they wish to help and support.
- 4 free Peer Support Sessions for those with ADHD or those who care for someone with ADHD. Talking with a peer supporter allows in discussing your concerns and getting advise and guidance.
- Mindsum is able to match your child or young adult with ADHD with a qualified therapist to offer the right support they need.

More information

- <https://www.mindsum.org/articles/attention-deficit-hyperactivity-disorder>
- <https://www.mindsum.org/articles/how-to-support-someone-with-adhd>
- <https://www.mindsum.org/articles/getting-help-for-attention-deficit-hyperactivity-disorder>
- <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/treatment>
- <https://www.youngminds.org.uk/parent/a-z-guide/adhd>