

AD/HD - What is Attention-Deficit/Hyperactivity Disorder?

AD/HD is typified by a persistent pattern of inattention and/or hyperactivity- impulsivity that is more frequent and severe than is typically observed in individuals at a comparable level of development. Some hyperactive-impulsive or inattentive symptoms that cause impairment must have been present before age 7 years, although many individuals are diagnosed after the symptoms have been present for a number of years... sometimes later in adulthood. Attention-deficit/ hyperactivity disorder is known to occur in various cultures. It is much more frequent in males than females, with a male to female ratio ranging from 4:1 to 9:1, depending on the setting. This disorder has been found to be more common in the first-degree biological relatives of children with Attention-Deficit/Hyperactivity Disorder.

Some common symptoms of AD/HD are:

- Inattention disruptive to the person's life must have persisted for a least 6 months to a degree that is maladaptive and inconsistent with developmental level.
- The person very often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities.
- The person is very often easily distracted by extraneous stimuli.
- There has been persistent hyperactivity-impulsivity for at least six months to a degree that is maladaptive and inconsistent with developmental level.
- The person is often on the go or often acts as if driven by a motor. They seem unable to control this excessive level of activity.
- The person talks excessively and appears agitated or uncomfortable if not permitted to do so

Please Note that these are but a few of the most common of many symptoms that may be present in individuals with Attention-Deficit/ Hyperactivity Disorder. The most common and most often very highly effective treatments involve a combination of psychological therapy and/or specific medications. If it is suspected that you or a family member has Attention-Deficit/Hyperactivity Disorder you should contact your family physician/and or a psychologist to undergo the proper diagnostic screening prior to treatment.

Try our AD/HD self-assessment under the Test Page.