

WHAT IS ADHD

ADHD is considered a chronic disorder and can impact a person's life in many different ways. ADHD is also one of the most common mental disorders with about 8.4% of children and 2.5% of adults having ADHD. There are 3 types of ADHD, Inattentive Type, Hyperactive/Impulsive Type, and Combined Type (1).

Combined Type

Someone with this type meets criteria for both inattentive and hyperactive/impulsive type(1).

Inattentive Type

Someone with this type will have a hard time staying focused and organized (1).

Some Symptoms(1)

- doesn't pay attention to details
- problems staying focused
- doesn't appear to listen when spoken to
- might start tasks, but not finish them
- issues organizing tasks
- easily distracted
- often loses things needed for tasks

Hyperactive/Impulsive Type

Someone with this type might have excessive energy and fidget a lot. They may also do things without thinking about possible consequences(1).

Some Symptoms(1)

- not able to stay seated
- runs or climbs where inappropriate
- unable to play/do leisure activities quietly
- interrupts/intrudes on others
- Blurts out answer before question is finished

Treatment

ADHD is often treated using medication, psychotherapy, other behavioral interventions, or a combination of these.

While ADHD cannot be cured, treatment can help manage symptoms and improve a person's functioning(2).

References

- 1) Elmaghraby, R. & Garayalde, S. (2022). *What is ADHD?* American Psychiatric Association.
[https://www.psychiatry.org/patients-families/adhd/what-is-adhd#:~:text=Attention%2Deficit%2Fhyperactivity%20disorder%20\(ADHD\)%20is%20one%20of,in%20the%20moment%20without%20thought\).](https://www.psychiatry.org/patients-families/adhd/what-is-adhd#:~:text=Attention%2Deficit%2Fhyperactivity%20disorder%20(ADHD)%20is%20one%20of,in%20the%20moment%20without%20thought).)
- 2) National Institute of Mental Health (n.d.) *Attention-Deficit/Hyperactivity Disorder: What You Need to Know*. Retrieved on April 11, 2025 from
<https://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder-what-you-need-to-know>