

# ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD)

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## What is it?

ADHD is an acronym for Attention-deficit/Hyperactivity Disorder. It is a neurological brain disorder that is marked by a continual pattern of inattention and/or hyperactivity-impulsivity that is more frequent and severe than what considered typical for someone of that age.

## Does it affect me?

There are two main problems identified with ADHD: (1) Inattention and (2) Hyperactivity / Impulsivity. These problems are further broken down into individual symptoms.

Inattention	Hyperactivity/Impulsivity
■ Poor attention to detail/carelessness	■ Fidgetiness/squirminess
■ Difficulty sustaining attention	■ Difficulty remaining in seat
■ Does not appear to listen	■ Runs about or climbs excessively
■ Often fails to complete tasks	■ Difficulty with quiet activities
■ Difficulty with organization	■ Often seems “on the go”
■ Avoids/dislikes focused tasks	■ Talks excessively
■ Loses things easily	■ Blurts out answers or opinions
■ Easily distracted	■ Difficulty waiting or taking turns
■ Forgetful of daily activities	■ Interrupts or intrudes on others

\* It is important to note how **common** and **normal** these symptoms are in children and adults, being mindful of the overlap they have with other mental and physical health problems.

## The symptoms listed above must be:

- **Chronic:** lasting at least six months consistently
- **Present from a young age:** onset must be prior to age 7
- **Observable and problematic across many settings:** for example, at home, school, work, etc.

Primary Care Behavioral Health