

# DISORDER (ADHD) IN ADULTS

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## What is it?

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ADHD is an acronym for Attention-deficit/Hyperactivity Disorder. In adults, it is a condition marked by difficulty paying attention and/or impulsive behavior that is causing significant difficulty in daily functioning.

## Symptoms of ADHD in Adults

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Because ADHD is a condition that starts during childhood, symptoms that adults experience are not new, but rather, have continued from childhood. Most adults who have continued symptoms may notice problems with difficulty paying attention to details, organization, talking fast, and difficulties focusing and concentrating. Adults with ADHD do not typically report problems with hyperactivity; either the symptoms have subsided or they have developed coping strategies for handling their increased activity level.

Associated problems and consequences that often co-exist with adults who have continued symptoms of ADHD from childhood may include:

- Poor self-control
- Easily bored
- Forgetfulness
- Low self-esteem
- Difficulty focusing
- Substance abuse
- Poor time management
- Difficulty regulating emotions, arousal, and motivation
- Relationship problems
- Anxiety/depression
- Poor time perception
- Mood swings
- Variability in work performance
- Employment difficulties
- Chronic lateness
- Risk-taking behaviors

## Ways to Address Adult ADHD

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- Increasing awareness of factors related to the development and maintenance of problems with attention (including biological, cognitive, behavioral, social, and environmental factors)
- Training in use of organizational and/or time management strategies
- Training in stress management strategies (cognitive and behavioral)
- Training in social skills/relationship/communication strategies

Primary Care Behavioral Health