

## Attention-Deficit /Hyperactive Disorder (ADHD)

ADHD is one of the most common childhood developmental disorders. Generally, it is diagnosed in early to middle childhood and continues into adulthood. Children with ADHD may be overly active, have trouble paying attention, and have difficulty controlling impulsive behaviors.

### Signs & Symptoms

It is normal for children to have trouble focusing and behaving occasionally. However, children who have ADHD persistently have behavior and attention problems that can increase in severity over time. These symptoms result in significant impairment in school, home, and interpersonal functioning. A child with ADHD might:

- Forget or frequently lose things
- Squirm or fidget
- Talk too much
- Have difficulty resisting temptations
- Have difficulty getting along with other children or taking turns

### Causes & Risk Factors

There are three types of ADHD which can be tied to one or more characteristics. ADHD is typically characterized by inattention, hyperactive-impulsive behavior or these characteristics combined. These behaviors present in the following ways:

- **Inattentive presentation** - easily distracted, poor concentration and organizational skills.
- **Hyperactive-Impulsivity presentation** - excessive talking and fidgeting, restlessness, impulsivity.
- **Combined presentation** - symptoms of both types are fairly presented in the individual.

### Diagnosis & Treatment

There is not one simple test used to diagnose ADHD. Many other problems like anxiety, depression, or other learning disabilities can present similarly in an individual. A medical exam, including hearing and vision, is important to rule out problems with similar symptoms.

ADHD cases are commonly treated with behavior therapy and medication. For preschool-aged children (four to five years old) with ADHD, behavior therapy training for parents is recommended as well. Although each individual has different needs, a good treatment plan will consist of close monitoring, follow-ups and modifications as needed.

**If you have a child who is experiencing symptoms of ADHD, call our 24-Hour Helpline at 1.800.928.8000. We can help.**

Source – Center for Disease Control (CDC): <https://www.cdc.gov/ncbddd/adhd/facts.html>