



# TEENAGE ADHD

## What is ADHD:

ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD) IS A DISORDER THAT AFFECTS MANY CHILDREN AND ADOLESCENTS INTO ADULTHOOD. ADHD INVOLVES A COMBINATION OF SYMPTOMS INCLUDING A DIFFICULTY IN CONCENTRATING, HYPERACTIVITY, AND IMPULSIVE BEHAVIORS. THERE ARE STRATEGIES THAT CAN BE LEARNED TO MAINTAIN SYMPTOMS AND SUCCEED IN DAILY LIVING.

*Symptoms must negatively impact social and academic activities*

### SYMPTOMS OF ADHD

*6 or more symptoms must last for at least 6 months*

#### INATTENTION

- DIFFICULTY PAYING CLOSE ATTENTION TO DETAILS
- TROUBLE FOCUSING
- DIFFICULTY FOLLOWING INSTRUCTIONS
- TROUBLE ORGANIZING TASKS
- AVOID TASKS THAT REQUIRE FOCUS (HOMEWORK)
- LOSES ITEMS
- EASILY DISTRACTED
- FORGETFUL

#### HYPERACTIVITY AND IMPULSIVITY

- FIDGETING
- DIFFICULTY STAYING SEATED OR STILL
- IN CONSTANT MOTION
- TROUBLE PLAYING OR DOING AN ACTIVITY QUIETLY
- TALKS TOO MUCH
- INTERRUPTING SUCH AS BLURTING OUT ANSWERS OR INTERRUPTING CONVERSATIONS
- DIFFICULTY WAITING TURNS

*\*can experience a combination of the two types of symptoms*

## Treatment

Medication is commonly used to relieve symptoms with other therapeutic treatments

- Stimulant medications – boost and balance levels of brain neurotransmitters
- Behavior therapy, social skills training, parenting skills training, psychotherapy, and family therapy

## Risk Factors of ADHD

*\*research continues to attempt to understand causes*

- Inherited traits– common in people whose blood relatives – such as a parent or grandparent – also have the condition.
- Exposure to environmental toxins– an example is lead found in paint and pipes in older buildings
- Maternal substance use – mother may have used drugs, drank alcohol or smoked during pregnancy
- Premature birth– mother gave birth before due date which may cause issues with development
- Other disorders– likely to have other disorders such as depression, anxiety, substance use, or conduct disorder