

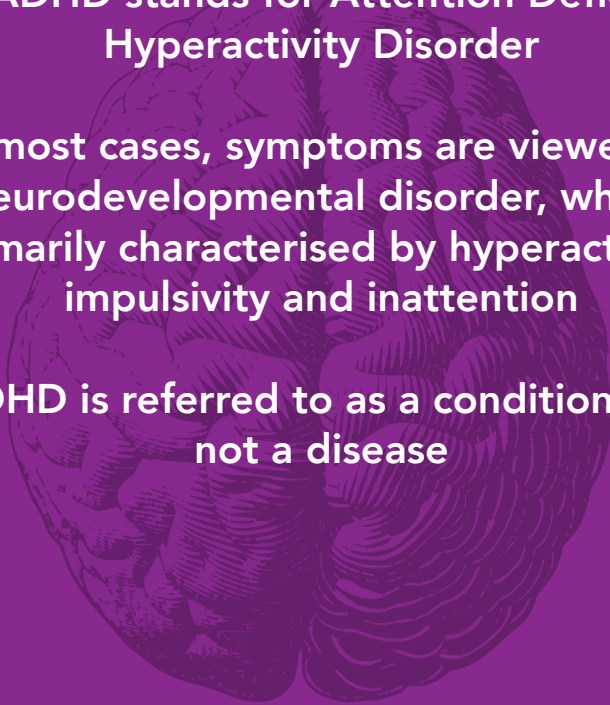
# ADHD INATTENTIVE TYPE



## ADHD stands for Attention Deficit Hyperactivity Disorder

In most cases, symptoms are viewed as a neurodevelopmental disorder, which is primarily characterised by hyperactivity, impulsivity and inattention

ADHD is referred to as a condition and not a disease



## Causes of ADHD

Genetic factors may play a role in the development of ADHD, along with environmental factors. Studies show that complications during pregnancy and delivery may increase a child's risk of developing ADHD.

## ADHD, Inattentive type

Approximately 25–30 per cent of individuals with ADHD have significant difficulties with attention, but without the hyperactivity and impulsivity. In such cases, the person is diagnosed with ADHD, predominantly Inattentive type, formerly known as ADD.

Inattentive ADHD is usually diagnosed later in life, as it is more difficult to detect. With this diagnosis, the major challenge is difficulty paying attention, although some may experience a sense of inner restlessness or agitation.

Individuals with ADHD inattentive type tend to be less active and disruptive than those who have hyperactivity, and they rarely stir up conflicts. Some may appear to be lost in daydreams and perceived as shy, introverted or lazy. Someone with an undiagnosed inattentive ADHD may struggle with a negative self-image and low self-esteem. They may feel different from others, without understanding why.

Individuals with inattentive ADHD often have trouble structuring their daily lives. Developing new routines and actions takes time, and routines that may seem easy to other people may be more challenging for them. It may be difficult to complete tasks, as they have a short attention span and frequently shift their focus of attention. They are also easily distracted by their own thoughts and external stimuli. Keeping track of time is often challenging for those with inattentive ADHD.

## ADHD, Inattentive type may present in the following ways:

- Difficulty getting started with tasks
- Taking little initiative for activities or tasks
- Difficulty completing what they have started
- Activities and tasks are often carried out at a slow pace
- Some may hyperfocus and become too meticulous (to compensate for difficulties with maintaining an overview)
- A great deal of energy is needed to stay focused, which means they may quickly become tired or drained.

There may be significant individual variations in how these challenges present.



# A GOOD LIFE FOR EVERYONE WITH ADHD

## **What can be done**

A thorough assessment is necessary for diagnosing ADHD and for providing adapted treatment and support measures. Treatment and measures may include:

- Information about ADHD
- Adapting school instruction and/or work
- Advice and guidance for those with ADHD and their families
- Treatment with medication
- Support and respite measures

## **Where to get help**

**Children and young people:**

An assessment for ADHD often begins as a collaboration between the parents, doctor (GP), health nurse, school and Educational Psychological Services (PPT). You will need a referral to specialist health services, normally to a Child and Youth Outpatient Clinic (BUP), for a diagnostic assessment.

**Adults over the age of 18:**

A diagnostic assessment of ADHD will usually require a referral by a doctor (GP) to a District Psychiatric Centre (DPS).

*ADHD Norway's vision is a good life for everyone with ADHD.*