

FACTS ABOUT ADHD

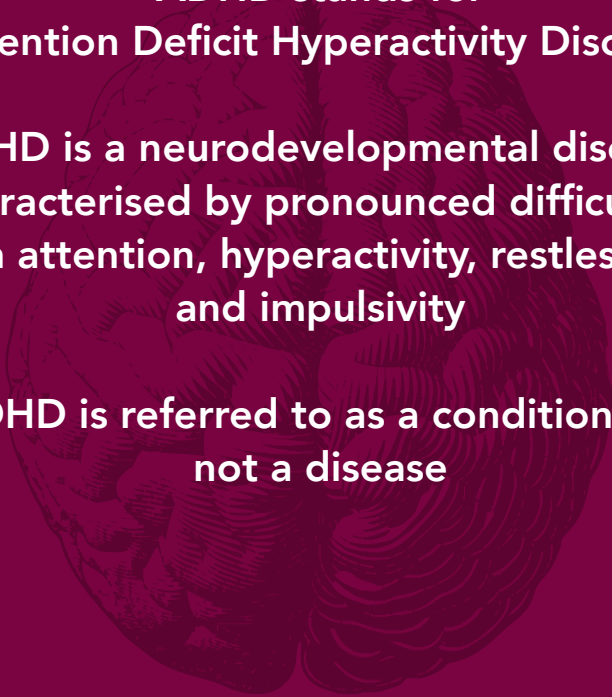


ADHD
NORGE

**ADHD stands for
Attention Deficit Hyperactivity Disorder**

**ADHD is a neurodevelopmental disorder
characterised by pronounced difficulties
with attention, hyperactivity, restlessness
and impulsivity**

**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 can be divided into three sub-types:

- ADHD, predominantly Hyperactive and Impulsive type
- ADHD, predominantly Inattentive type
- ADHD Combined type, i.e. Inattentive, Impulsive and Hyperactive

Hyperactivity:

- Difficulty staying seated
- Fidgeting with hands or feet
- Restlessness and inner nervousness
- High level of activity, as if "driven by an inner motor"

Impulsivity:

- Unable to wait one's turn
- Interrupting or distracting others
- Acting without thinking first
- In adults, impulsivity may present itself as difficulties with managing money or functioning in an ordinary job

Inattention:

- Difficulties with organising and completing tasks
- Constantly shifting from one activity to another
- Difficulties following instructions
- Easily distracted

ADHD assessments are performed by specialist health services. To be diagnosed with ADHD, symptoms must have persisted for at least six months and been present before the age of twelve. A pattern of symptoms must

have negatively impacted daily function and been present in a variety of situations. Any other disorders must also be assessed. Most people who are diagnosed with ADHD have a Combined type. This means that they have pronounced difficulties with hyperactivity, impulsivity and attention.

How common is ADHD

Studies show that 3–5 per cent of children and young people under the age of 18 are diagnosed with ADHD. More boys than girls are diagnosed with ADHD. Around half of those diagnosed as children will continue to show symptoms of ADHD as adults. Around 2–3 per cent of adults are diagnosed, with fewer differences between genders.

The severity of ADHD varies to a large degree. Preschool children with ADHD often display a high level of activity and impulsivity, which may result in conflicts and problems when playing with others. School-age children will often have problems paying attention in class and doing schoolwork.

In young people and adults, the most pronounced problems will often be inattention and emotional dysregulation. Hyperactivity often diminishes as the person approaches puberty.

Most common comorbidities

About two-thirds of people with ADHD will have at least one comorbid disorder.

The most common are:

- Behavioural disorders
- Learning disabilities
- Problems with motor skills
- Language disorders
- Tourette syndrome, tics
- Anxiety
- Depression
- Sleep disorders



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 find 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 to a District Psychiatric Centre (DPS).

ADHD Norway

ADHD Norway is a nationwide, nonprofit organisation for people with ADHD and their families.

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