



# **ATTENTION DEFICIT HYPERACTIVITY DISORDER**

## **What is ADHD?**

Attention deficit hyperactivity disorder (ADHD) is a neurobehavioral disorder that interferes with functioning or development. People with ADHD have a variety of symptoms including:

- difficulty paying attention (attention regulation)
- hyperactive or restless behaviours
- impulsivity

These symptoms of ADHD must occur in 2 or more settings, such as at home, work, school, or in social settings. ADHD starts in childhood, but can continue in adolescence and adulthood. Children with ADHD have difficulty with executive functioning.

It is a very common disorder, studies reveal that between 5 and 11% of children have ADHD.

## **What causes ADHD?**

ADHD is thought to be a problem related to the hard wiring of circuits within the brain. This is most likely due to a chemical imbalance, similar to other mental health disorders. Since the blueprints used to determine these circuits are genetically created, ADHD tends to run in families.

Research is ongoing to further understand the causes of ADHD.

## **How is ADHD treated?**

Treatment of ADHD includes all of the following:

- Education regarding ADHD
- Behavioral intervention strategies
- An appropriate educational program and classroom accommodations
- Parent training
- Medication, when necessary

## **Where can I learn more about ADHD and treatment?**

We have a great list of resources with more detailed information on ADHD, potential causes, and various management strategies.

Please see our “ADHD Resources” handout on our website.

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