

ADHD in Children vs. Adults



ADHD Symptoms In Children DSM-IV

INATTENTION

- 1) Often does not give close attention to details or makes careless mistakes in schoolwork, work, or other activities.
- 2) Often has trouble keeping attention on tasks or play activities.
- 3) Often does not seem to listen when spoken to directly.
- 4) Often does not follow instructions and fails to finish schoolwork, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions).
- 5) Often has trouble organizing activities.
- 6) Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time (such as schoolwork or homework).
- 7) Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
- 8) Is often easily distracted.
- 9) Is often forgetful in daily activities.

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HYPERACTIVITY

- 1) Often **fidgets** with hands or feet or **squirms** in seat.
- 2) Often **gets up from seat** when remaining in seat is expected.
- 3) Often **runs about or climbs** when and where it is not appropriate (adolescents or adults may feel very restless).
- 4) Often **has trouble playing quietly** or enjoying leisure activities quietly.
- 5) Is often **"on the go"** or often acts as if **"driven by a motor"**.
- 6) Often **talks excessively**.

IMPULSIVITY

- 1) Often **blurts out** answers before questions have been finished.
- 2) Often **has trouble waiting one's turn**.
- 3) Often **interrupts or intrudes** on others (e.g., butts into conversations or game

And remember...

- ... The symptoms should have been present in childhood...
- ... The symptoms must be impairing you.
- ... And they must be impairing in more than one situation...
- ... If you have 6 or more of the 9 INATTENTION symptoms you qualify as having the Predominantly Inattentive Subtype of ADHD.
- ... If you ALSO have at least 6 out of the 9 symptoms for HYPERACTIVITY and IMPULSIVITY you qualify as having the 'Predominantly Combined Subtype of ADHD'.
- ... By adulthood the Hyperactivity may be internalized. i.e. feelings of 'restlessness.'
- ... By adulthood you may have developed coping strategies and only suffer from 4 or 5 of the symptoms, rather than 6 or more.
- ... 60 to 70% of children with ADHD will still be struggling in adulthood.

ADHD looks different in adults



Secondary/Adult Symptoms

A lifelong history of difficulty with attention

A history of disruptive or impulsive behavior

Organizational skill problems (Time management difficulties, missed appointment, frequently late, unfinished projects)

Erratic work history (changing jobs frequently, unprepared for meeting, projects late, coworkers, & clients are frustrated with them)

Anger control problems (with authority figures, over controls as parents, fights with coworkers or child's teachers, episodes of rage)

Marital problems (spouse complains that he/she does not listen, speaks without thinking, impulsive, forgets important events)

Being over-talkative, interrupt frequently or inappropriately, speaking too loudly

Secondary/Adult Symptoms or Signs

Parenting problems (difficulty maintaining routines, inconsistency in dealing with the children)

Money management problems (Impulsive purchases, runs out of money, fails to pay bills or do taxes, history of bankruptcy)

Substance use or abuse, especially alcohol or marijuana or excessive caffeine use

Addictions such as collections, sexual avoidance or addiction, overeating, compulsive exercise or gambling

Frequent accidents

Problems with driving (speeding tickets, serious accidents, license revoked or over cautious to compensate for attention problems)

College student who is frustrated, reduces course load or has difficulty completing assignments

Being a parent of a child with ADHD

Secondary/Adult Symptoms or Signs

An ADHD diagnosis as a child and continuing to have problems

Reports from those close to the adult that they are just like a child or relative with ADHD, or identifying them as having many of the symptoms associated with adult ADHD

Not just coping poorly, but significantly impaired and at high risk of developing secondary co-morbid disorders i.e. Anxiety & Depression

Successful but shows impairment when compared to their potential

Expend more energy than others to do the same amount of work

Using coping strategies to compensate for weaknesses, but still experiencing problems with career & work relations, or workaholic

An adult who self diagnoses themselves, but still needs to go through a complete assessment

ADHD rarely comes solo.



About 70% of ADHD adults suffer from a second mental health issue.

About 40% of ADHD adults suffer from three or more issues.

People with ADHD suffer from *much higher rates of...*

Addiction

Depression

Anxiety

Learning Disorders

Dyslexia

Social Phobia

Obsessive Compulsive Disorder

Tourette Syndrome

Bi-Polar

P.T.S.D.

Oppositional Defiant Disorder

Conduct Disorder

Antisocial

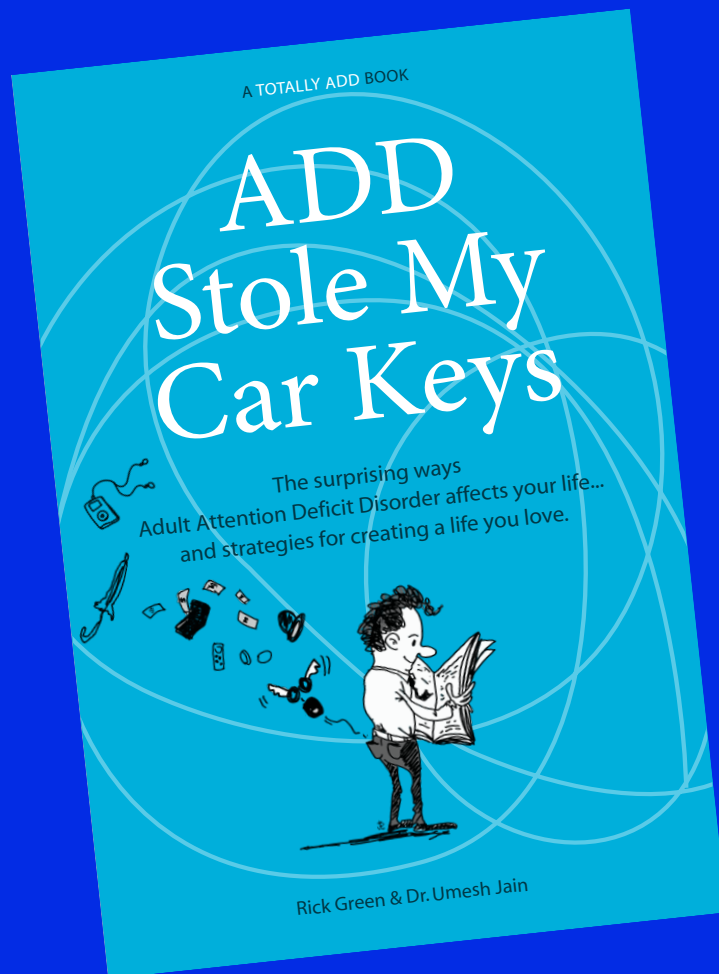
Anorexia

Bulimia

Schizophrenia

Borderline Personality Disorder

Discover 155 common Beliefs and Behaviors of people with ADHD. Including 23 strengths!



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