



- A learning disability: A child in preschool with a learning disability may have difficulty understanding certain sounds or words or have problems expressing him or herself in words or reading and writing.
- Oppositional defiant disorder: Children with this condition, are overly stubborn or rebellious, often argue with adults and refuse to obey rules.
- Conduct disorder: This condition includes behaviour in which the child may lie more often than other children, steal, assault others and break other major social rules.
- Bipolar disorder: Some children with Attention Deficit Hyperactivity Disorder (ADHD) may also have this condition in which extreme mood swings from mania (an extremely high elevated mood) to depression occur. This diagnosis should only be made by a psychiatrist.



- Tourette syndrome: Very few children have this disorder, but among those who do, many also have Attention Deficit Hyperactivity Disorder (ADHD). People with Tourette syndrome have nervous tics and repetitive mannerisms such as; eye blinks, facial twitches, or grimacing. They will also clear their throats, snort, or sniff frequently, or bark out words inappropriately. This behaviour can be reduced with medication.

Attention Deficit Hyperactivity Disorder (ADHD) also may coexist with a sleep disorder, bed-wetting, substance (drug abuse), other disorders or illnesses.

### Prevention of Attention Deficit Hyperactivity Disorder (ADHD)

Preventive measures to reduce the incidence of Attention Deficit Hyperactivity Disorder (ADHD) are not limited to reducing substance abuse in pregnancy. Early detection and intervention can reduce the severity of symptoms, decrease the interference of behavioral symptoms on school functioning, enhance the child's normal growth and development, and improve the quality of life experienced by children or adolescents with Attention Deficit Hyperactivity Disorder (ADHD).

### For help and more information

Contact your nearest clinic, hospital or health care provider.

# ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)



Choose a healthy lifestyle



### What is Attention Deficit Hyperactivity Disorder?

(ADHD) also known as Attention Deficit Hyperactivity Disorder is a combination of impulsivity and/or hyperactivity.

It is one of the most common disorders that develop in children and can continue through adolescence and adulthood.

Children with Attention Deficit Hyperactivity Disorder (ADHD) struggle to function well in many settings, including home, school and in relationships with peers. If untreated, the disorder can have long-term adverse effects in adolescence and adulthood.

### Signs & Symptoms of Attention Deficit Hyperactivity Disorder (ADHD)

#### Symptoms include:

- Impulsivity: a child who acts too quickly without thinking first.
- Hyperactivity: a child who cannot sit still, walks, runs or climbs around when expected to be seated and talks when others are talking.
- Inattention: a child who daydreams or seems to be in another world is distracted by what is going on around him or her.

Inattention, hyperactivity and impulsivity are the key behaviours of Attention Deficit Hyperactivity Disorder (ADHD). It is normal for all children to have these behaviours sometimes, but for children with



Attention Deficit Hyperactivity Disorder (ADHD), the behaviours are more severe and occur more often.

To be diagnosed with the disorder, a child must have symptoms for 6 months or more and to a degree that is greater than other children of the same age or developmental stage.

### What causes Attention Deficit Hyperactivity Disorder (ADHD)?

Scientists are not sure what causes Attention Deficit Hyperactivity Disorder (ADHD), although many studies suggest that genes play a large role. In addition to genetics, researchers are looking at possible environmental factors and are studying how subtle brain abnormalities, nutrition and the social environment might contribute to Attention Deficit Hyperactivity Disorder (ADHD).

- Genes: Researchers are looking at several genes that may make people more likely to develop the disorder.
- Environmental factors: Studies suggest a potential link between mothers smoking or using alcohol during pregnancy and Attention Deficit Hyperactivity Disorder (ADHD) in children. In addition, children who are exposed to high levels of lead may have a higher risk of developing Attention Deficit Hyperactivity Disorder (ADHD).
- Brain Injury: Children who have suffered a brain injury may show some behaviour similar to those of Attention Deficit Hyperactivity Disorder (ADHD).



### How is Attention Deficit Hyperactivity Disorder (ADHD) treated?

Currently, available treatments focus on reducing the symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and improving functioning. Treatments include; medication, various types of psychotherapy, education or training, or ideally a combination of treatments.

- Medication: In children with Attention Deficit Hyperactivity Disorder (ADHD), medications reduce hyperactivity and impulsivity and improve their ability to focus, work and learn.
- Psychotherapy: Different types of psychotherapy are used for Attention Deficit Hyperactivity Disorder (ADHD). Behavioural therapy aims to help a child change his or her behaviour. It might involve practical assistance, such as help organizing tasks or completing schoolwork or working through emotionally difficult events. Behavioural therapy also teaches a child how to monitor his or her own behaviour. Such programmes should include help and support for caregivers and teachers in assisting the child.

### What conditions can coexist with Attention Deficit Hyperactivity Disorder (ADHD)?

Some children with Attention Deficit Hyperactivity Disorder (ADHD) also have other problems or conditions. For example, they may have one or more of the following: