

# Attention Deficit Hyperactivity Disorder In Adults

## Adult Symptoms

- Carelessness & lack of attention to detail
- Starts new tasks before finishing old ones
- Poor organisational skills
- Inability to focus, or prioritise
- Continually losing, or misplacing things
- Forgetfulness
- Restlessness & edginess
- Difficulty keeping quiet, & speaking out of turn
- Blurting responses, & poor social timing when talking to others
- Often interrupting others
- Mood swings
- Irritability & a quick temper
- Inability to deal with stress
- Extreme impatience
- Taking risks in activities, often with little, or no, regard for personal safety, or the safety of others

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

While everybody to some extent occasionally has trouble sitting still, paying attention, or controlling impulsive behaviour, others may experience impulsivity, hyperactivity or internal restlessness, and inattention at such high levels that their daily lives are disrupted to a disabling extent. They may have a common neurobiological disorder called Attention Deficit Hyperactivity Disorder.

Undiagnosed ADHD in adults may have severe consequences such as academic failure, substance abuse, criminal activity, failed relationships, troubled work relationships, and emotional difficulties such as anxiety and depression.

## How common is ADHD in adults?

Population surveys in adult populations estimate prevalence rates of ADHD in adults to be between 3 and 4%. In adult life, the male-female ratio for ADHD appears to be approximately equal, which suggests that the high gender ratios favouring boys in childhood may be a result of under-identifying the problem in girls, or that girls may present with different symptoms.

## How is ADHD diagnosed in adults?

Only Adult ADHD specialists can make a formal diagnosis. Referrals to adult ADHD specialists can be requested from GP's.

The diagnosis is made based upon an assessment of the person's needs as well as coexisting conditions such as dyslexia, dyscalculia, dyspraxia, anxiety, or depression. The assessment will also include social, familial, educational or occupational circumstances, a physical health exam, as well as clinical and psychosocial assessments.

## What happens if someone was diagnosed as a child?

At school-leaving age, young people with ADHD should be assessed to see if they need treatment as adults. If they still need treatment, the responsibility for their care should be transferred to adult services, and this should be arranged by the time the child is 18. The child should be offered a full assessment of their symptoms when they transfer.

**More Information:** [www.aadd.org.uk](http://www.aadd.org.uk), [aadd.org@gmail.com](mailto:aadd.org@gmail.com)