

A Little ADHD Polishing! (plus, a few of my personal insights!)

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ADHD? Say Whaaaaat?

So, what's with this, "ADHD"? What does the acronym even MEAN?

ADHD stands for Attention Defect Hyperactivity Disorder

There are three subtypes: Hyperactive, Inattentive, or Combined (APA 68-70)

Subtypes? Combinations? It all seems like too much!

Don't worry! As stated earlier, ADHD comes in three subtypes: Primarily Hyperactive/Impulsive, primarily Inattentive, or Combined. (APA 68-71)

Symptoms of Primarily Hyperactive/Impulsive type include fidgeting and squirming in seat, climbing everything, talking incessantly, being super-loud in a quiet place, reckless spending of money, has to have things now (APA 69)

Non-stop –a- Movin’

Symptoms of the Primarily Inattentive type include often failing to give close attention to details, making careless mistakes like grammatical errors, seeming not to listen when spoken to, doesn't like engaging in tasks that require sustained attention, losing a lot of things (APA 72-74).

Symptoms of Primarily Combined type incorporate a mix of the two subcategories above.

“Uh, couldn’t it be, like, um, something else?”

In theory, yes.

There are many co-existing and differential diagnoses to be aware of, including, but not limited to, Oppositional Defiant Disorder (ODD), Intermittent Explosive Disorder, Autism Spectrum Disorder, Other Learning Disorders, I/DD, Reactive Attachment Disorder, PTSD, Major Depressive Disorder, Panic Disorder, Other Personality Disorders, and more. (APA 73-76)

Stats, or it didn't happen

How many people have ADHD?

As of 2024, approximately 129 million children worldwide, and more than 366 million adults worldwide.

Bibliography

American Psychiatric Association (2022). *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition –Text Revision*, 68-76

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Why it matters to me, and a Thank You

THANK YOU!

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