

Do I Call It ADHD or ADD?

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ADHD

- ▶ A developmental disorder found in children and adults best defined as the inability to initiate and sustain motivation, attention, and behavior to successfully complete tasks, especially ones perceived as meaningless or boring. (Russell Barkley)

Major Characteristics

- ▶ Impaired response inhibition
- ▶ Impaired impulse control
- ▶ Impaired capacity to delay gratification
- ▶ Excessive task-irrelevant activity
- ▶ Poor sustained attention
- ▶ Poor persistence of effort

Additional Characteristics

- ▶ Remembering to do things - working memory
- ▶ Delayed self-talk resulting in poor self-regulation
- ▶ Difficulties with regulation of emotion
- ▶ Diminished cognitive flexibility

Additional Characteristics

- ▶ Variable performance across situations
- ▶ Immaturity
- ▶ Early onset of the major characteristics
- ▶ Chronic course across development

Adult ADHD

- ▶ Under achieve academically and vocationally
- ▶ Frequently changes jobs
- ▶ Relationship difficulties
- ▶ More traffic citations and accidents

What Do I Call It?

- › Number of names historically
- › DSM-5
 - › Attention-Deficit/Hyperactivity Disorder
 - › Combined presentation
 - › Predominantly inattentive presentation
 - › Predominantly hyperactive / impulsive presentation
 - › Mild, Moderate, Severe

Predominantly Inattentive Type

- › Often referred to as ADD
- › Less researched
- › Daydreaming
- › Sluggishness and slow processing of information
- › Difficulties with focused or selective attention (filtering important from unimportant information)
- › Social quietness
- › Inconsistent retrieval of information from memory

Predominantly Inattentive Type

- › Treatment
 - Minimal research
 - Only modest gains with stimulants
 - Some antidepressants may have some impact
 - More research is needed

Prevalence

- ▶ 3-7 percent of the childhood population
- ▶ 2-5 percent of the adult population
- ▶ Among children the gender ratio is approximately 3:1 with boys more likely to have the disorder than girls
- ▶ Among adults, the gender ration falls to 2:1 or lower
- ▶ Found in virtually every country it has been investigated

Etiologies

- > Genetics/heredity
- > Prenatal exposure to drugs, alcohol, or cigarettes
- > Premature birth or low birth weight
- > Less brain activity in certain areas of the brain
- > Relatively smaller areas of brain matter and less metabolic activity of this brain matter

Impact

- ▶ More likely to drop out of school (32-40%)
- ▶ Less likely to complete college (5-10%)
- ▶ Have few or no friends (50-70%)
- ▶ Underperform at work (70-80%)
- ▶ Engage in antisocial activities (40-50%)
- ▶ More likely to experience teen pregnancy
- ▶ Speed excessively and have multiple car accidents
- ▶ Depression(20-30%)
