



Mental Disorders

Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that is characterized by being hyperactive, having difficulty paying attention, and impulsive behavior. ADHD is more common among children than adults. However, 4% of the adult population are living with ADHD in the United States.

Environmental conditions and genetics are two factors that contribute to ADHD, however symptoms can be managed with treatment. It is prevalent that Black people are misdiagnosed with ADHD; making it imperative to know what they symptoms and warning signs are.

Symptoms

Losing interest easily in an activity
Difficulty concentrating
Trouble completing tasks
Trouble following directions
Non-stop talking
Fidgeting and trouble sitting still
Impatience
Acting out without regard of consequences
Interrupting others

Warning Signs

- **Poor performance at work and school:** If you are having trouble completing tasks at work or at school, it could be due to difficulty concentrating and following directions.
- **Financial troubles:** Spending money without regard of how much and how often you are spending.
- **Disorganization:** Having trouble keeping your responsibilities and tasks together, missing deadlines, and losing track of important items.
- **Relationship Issues:** Having trouble communicating and being sensitive to the needs of your partner.



Mental Disorders

Attention Deficit Hyperactivity Disorder

Treatment

- **Medication:** Many people with ADHD use medication to manage their symptoms. Talk to your doctor about the risks, benefits, and side effects of taking medication for your ADHD symptoms.
- **Behavior Therapy:** Behavior therapy such as Cognitive-Behavioral Therapy have been proven to be effective for adults struggling with ADHD.
- **Education and Self-Management:** Learning more about your symptoms and making a plan to address those symptoms can help to reduce the frequency of ADHD.