ADHD

Abi Harrison-Nye

Symptoms

- Easily distracted, forgetful, or difficulty managing time, focus, and tasks.
- Fidgeting, inability to sit still, or a sense of inner restlessness.
- Interrupting others, difficulty waiting one's turn, or acting without thinking.

Age & Gender

- Symptoms usually appear before age 12, but persist into adulthood.
- Diagnosed more often in males.
- Females are often missed as they tend to have inattentive type ADHD, rather than hyperactive-impulsive type.

Misconceptions

- It’s not 'bad behaviour' or lack of willpower.
- It’s not just a childhood phase. Many adults live with undiagnosed ADHD.
- It’s not caused by bad parenting, too much sugar, or screen time.

Diagnosis

- Requires a referral from a GP to a specialist (usually a psychiatrist).
- The assessment involves interviews, questionnaires, and reviewing childhood history to see if symptoms impact daily life.

Support options

- Medication can help improve focus and reduce impulsivity.
- Cognitive Behavioural Therapy (CBT) or ADHD coaching helps with organisation and emotional regulation.

Support

- Give clear, written instructions rather than long verbal lists.
- Allow headphones or fidget tools to support those with sensory needs.
- Permit movement breaks, and try to avoid punishing timekeeping errors.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.