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MEDICAL CONDITIONS

WHAT IS ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)?

ADHD refers to a family of related chronic (ongoing) neurobiological disorders that interfere with someone's capacity to regulate their activity levels (hyperactivity), inhibit behaviours (impulsivity), and attention to tasks (inattention).

The core symptoms of ADHD in adults include an inability to sustain attention and concentration as well as inappropriate levels of activity, distractibility, and impulsivity.

Those with ADHD have difficulties across multiple settings including home, work, and in peer relationships. ADHD has also been shown to have long-term adverse effects on academic performance, vocational success, and social-emotional development.

What are the symptoms of ADHD in adults?

Distractibility. People who are inattentive have a hard time focussing and may get bored with a task after only a few minutes. Attention to organising and completing routine tasks may be difficult, especially in today's fast-paced environment.

Restlessness. People who are hyperactive always seem to be in motion. Sitting still through a meeting, for example, can be an impossible task and they may roam around the room or fidget incessantly.

Impulsivity. Overly impulsive, they may be unable to curb their immediate reactions to situations. There is no application of the adage "think before you speak". Their impulsiveness may make it hard for them to be patient and they may interject in conversations when inappropriate or they may act out when frustrated.

Common symptoms include being unorganised, driving recklessly, marriage trouble, poor listening skills, difficulty starting or finishing a task, trouble with punctuality, outbursts of anger or issues with prioritisation.

WedMD suggests adults have more subtle symptoms and may not receive a proper diagnosis. The condition can be treated, and you should be evaluated if you show any of the behaviour patterns listed here.

The correct diagnosis for your condition can help you to get the best possible help so you can enjoy a better quality of life.