

Attention Disorders

Definition

Medical name:
"Attention Deficit/
Hyperactivity Disorder",
"ADD" or "ADHD" for short.

Problems in the following areas:

Attention (i.e. concentration)

Hyperactivity (i.e. moving too much,
not being able to sit still for long)

Impulse control (i.e. poor
self-control)



Possible Causes

- Genetic factors:
AD(H)D often runs in families
- Environmental factors:
If the mother was exposed to a harmful environment during pregnancy
- Neurobiological causes:
The brain structure of people with ADHD may be different than the average person

What you can do

- Behavioral Therapy
- Occupational Therapy
- Neurofeedback
- Medication
- Find groups and friends who have similar problems and with whom you can share your experiences
- Boost self-confidence by remembering what you're good at and what you've already accomplished

