

Attention Disorders

Definition

Medical name:

Attention Deficit / Hyperactivity Disorder

Short: ADD or ADHD

People with ADHD may have problems with:

- Paying attention (focus is hard)
- Being very active (can't sit still)
- Impulses (doing or saying things too fast)

Possible Causes

- Genetics: ADHD runs in families
- Environment: Problems during pregnancy (stress, toxins)
- Brain: Brain structure may be different from others

What can help?

- Behavior therapy (learn how to manage actions)
- Occupational therapy (movement, play, focus)
- Neurofeedback (brain training with a computer)
- Medication (sometimes helpful)
- Focus training like Marburg Attention Training (MKT)
- Talk to others with similar experiences
- Build self-confidence: Think about what you're good at and what you've already done well

