

Editorial Note on Hyperactivity disorder

Vennam Sowmya

Managing Editor, Journal of Mental Health and Aging, E-mail: editor@alliedacademies.org

Editorial

Attention deficit hyperactivity disorder (ADHD) is a brain disorder that affects how you pay attention, sit still, and control your behavior. It happens in children and teens and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder in children. Boys are more likely to have it than girls. ADHD can't be prevented or cured. But spotting it early, plus having a good treatment and education plan, can help a child or adult with ADHD manage their symptoms.

Symptoms

Hyperactivity and impulsiveness

1. being unable to sit still, especially in calm or quiet surroundings.
2. constantly fidgeting.
3. being unable to concentrate on tasks.
4. excessive physical movement.
5. excessive talking.
6. being unable to wait their turn.
7. acting without thinking.
8. interrupting conversations.

In Adults

Symptoms of ADHD may change as a person gets older. They include:

1. Often being late or forgetting things
2. Anxiety
3. Low self-esteem
4. Problems at work
5. Trouble controlling anger
6. Impulsiveness
7. Substance misuse or addiction
8. Trouble staying organized
9. Procrastination
10. Easily frustrated
11. Often bored
12. Trouble concentrating when reading
13. Mood swings
14. Depression
15. Relationship problems

Causes

Scientists are studying cause(s) and risk factors in an effort to find better ways to manage and reduce the chances of a person having ADHD. The cause(s) and risk factors for ADHD are unknown, but current research shows that genetics plays an important role. Recent studies of twins link genes with ADHD.

In addition to genetics, scientists are studying other possible causes and risk factors including:

1. Brain injury
2. Exposure to environmental (e.g., lead) during pregnancy or at a young age
3. Alcohol and tobacco use during pregnancy
4. Premature delivery
5. Low birth weight

Research does not support the popularly held views that ADHD is caused by eating too much sugar, watching too much television, parenting, or social and environmental factors such as poverty or family chaos. Of course, many things, including these, might make symptoms worse, especially in certain people. But the evidence is not strong enough to conclude that they are the main causes of ADHD.

Diagnosis

In children

Diagnosing ADHD in children depends on a set of strict criteria. To be diagnosed with ADHD, your child must have 6 or more symptoms of inattentiveness, or 6 or more symptoms of hyperactivity and impulsiveness.

In adults

Diagnosing ADHD in adults is more difficult because there's some disagreement about whether the list of symptoms used to diagnose children and teenagers also applies to adults.

In some cases, an adult may be diagnosed with ADHD if they have 5 or more of the symptoms of inattentiveness, or 5 or more of hyperactivity and impulsiveness, listed in diagnostic criteria for children with ADHD.

As part of your assessment, the specialist will ask about your present symptoms. However, under current diagnostic guidelines, a diagnosis of ADHD in adults cannot be confirmed unless your symptoms have been present from childhood.

Treatment

ADHD can be treated by medicines or we can go for therapy both can work at same time.

There are 5 types of medicine licensed for the treatment of ADHD:

1. methylphenidate
2. dexamfetamine
3. lisdexamfetamine
4. atomoxetine
5. guanfacine

As well as we can go for therapy for children, teenagers and adults.

1. psychoeducation
2. Behaviour therapy
3. Parent training and education programmes