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Attention Deficit Hyperactivity Disorder

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ADHD (Attention Deficit Hyperactivity Disorder) has been grossly related to child psychological ailment since long. But lately, this syndrome has been associated with adults as well. Most of the children suffering from this disorder carry forward the symptoms into adulthood. ADHD is characterized by profound symptoms such as hyperactivity, impulsiveness and distractibility.

How to identify ADHD in an adult?

A person who has a medical history of ADHD in childhood is likely to continue with the same condition upon maturity too, if he/she wasnâ€™t diagnosed or treated optimally. The following behavioral pattern is characteristic of the disorder.

â€¢ Behavioral abnormality: Anxiety, low self esteem, frustration over small issues, chronic anger and low tolerability, unexplained mood swings, perpetual boredom etc. are very conspicuous.

â€¢ Professional setbacks: Individuals with this disorder perform disappointingly at work. They are always in and out of jobs and donâ€™t achieve major accolades at work. They are irregular and donâ€™t have any sense of occasion and responsibility at work.

â€¢ Relationship hassles: To nurture a relationship, one must be patient, forgiving, receptive to changes, loving and flexible. ADHD patients lack these qualities plainly! Rather they are very stubborn and highly intolerant. Therefore they have multiple relationship problems such as failed marriages, complicated equation with the co workers and not so strong friendships.

ADHD causes

The exact cause behind ADHD is still not known. Many researchers and doctors assume that this could be a genetic manifestation. Various brain imaging studies have revealed that chemicals like dopamine and nor-epinephrine could be responsible. Excessive smoking and alcohol consumption, exposure to lead etc., during pregnancy might also be accountable.

Management and Treatment

ADHD treatment demands a lot of rigorous effort from patientâ€™s side as well. He/she must be totally willing to go for therapy. Some of the self help techniques which will also be suggested by a doctor are:

â€¢ Physical activity: Sedentary lifestyle is a strict NO for an ADHD patient. Physical activity stimulates the brainâ€™s production of chemicals like dopamine, serotonin and norepinephrine which immediately boost up the concentration levels. It reduces the stress, helps in getting better sleep and elevates the spirits. So no matter how important meetings you have, how cold/hot it is outside, GO for that therapeutic and mood scintillating walk/workout NOW.

â€¢ Talk: Pent up emotions, failure of expression further aggravates the problem. If you are going through a rough phase in personal or professional life, talk! Seek help. Everybody needs to vent out the mental insecurities. Donâ€™t shy away from going to a psychiatrist. There is NOHING wrong in that.

â€¢ Positivity: Surround yourself with positive people. Often, we surround ourselves with people emitting negative vibes all the time, cross them off your list. Join social groups and causes. Lastly, if

nothing seems to help, seek professional help and donâ€™t fret if you have to consume medicines for it will be for a while only.

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