

ADHD adulthood: ADHD in adults...really?

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurobehavioral disorder. The three core symptoms of ADHD are:¹

- **INATTENTION**
- **HYPERACTIVITY**
- **IMPULSIVITY**

If you're asking if ADHD impacts adults?
Yes, adults can have ADHD, too.

**10.5M
U.S. ADULTS**

are estimated to have ADHD^{2,3,†}

**ADHD can affect adults at school or work,
at home and in social settings.¹**



While ADHD is more frequent in males than in females in the general population with a ratio of 1.6:1 in adults, females are more likely than males to present primarily with inattentive symptoms.¹

[†]Based on the National Comorbidity Survey Replication of 3,199 adults ages 18 to 44 years conducted from 2001-2003 and applied to the full U.S. population ages 18 and over.

What Are Possible Causes & Risk Factors?

The exact origin of ADHD is unknown, but researchers believe the disorder may be caused by one or more of the following factors:^{1,4}



BRAIN CHEMISTRY



ENVIRONMENT



GENETICS

How is ADHD Diagnosed?

- There is no simple test for ADHD.

Having some of the symptoms associated with ADHD does not mean you have ADHD.¹



A health care professional will generally consider a number of factors when evaluating and diagnosing a patient with ADHD.¹

An accurate diagnosis should be based on a complete history and evaluation by a health care professional.¹

How Might ADHD Appear in Adults?¹



HOME:

- ✓ Difficulty finishing errands or chores
- ✓ Often loses important things like tools, keys, eyeglasses, wallet or mobile phone



WORK OR SCHOOL:

- ✓ Has trouble getting organized, misses deadlines
- ✓ Leaves seat at inappropriate times, like during meetings
- ✓ Often interrupts co-workers



SOCIAL:

- ✓ Finishes other people's sentences
- ✓ Frequently talking too much at social events with friends

ADHD Resources

For more information, please talk to your doctor and visit the Attention Deficit Disorder Association (www.ADD.org), Children and Adults with Attention-Deficit/Hyperactivity Disorder (www.CHADD.org), or the National Alliance on Mental Illness (www.NAMI.org).



¹American Psychiatric Association. Neurodevelopmental Disorders. *Diagnostic and Statistical Manual of Mental Disorders*. 5th ed. Arlington, VA: American Psychiatric Association; 2013.

²Kessler RC, Adler L, Barkley R, et al. The prevalence and correlates of adult ADHD in the United States: results from the National Comorbidity Survey Replication. *Am J Psychiatry*. 2006;163(4):716-723.

³Howden LM, et al. Age and sex composition: 2010. US Census Bureau; 2011.

⁴Arnsten AF, Li BM. Neurology of executive functions: catecholamine influences on prefrontal cortical functions. *Biol Psychiatry*. 2005;57(11):1377-1384.

www.ADHDadulthood.com



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