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ADHD



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Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder commonly diagnosed in childhood. It affects the brain's ability to regulate attention, impulse control, and activity levels. Children with ADHD may face challenges in school, social settings, and daily routines due to difficulties in focusing, managing their energy, and following instructions.

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Symptoms of ADHD

ADHD symptoms generally fall into categories related to inattention, impulsivity, and hyperactivity. Common symptoms include being easily distracted, struggling to follow instructions, and making careless mistakes. Individuals with ADHD may ignore routine activities, have difficulty organizing daily tasks, feel uncomfortable sitting still, and frequently lose items.

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Types of ADHD

There are three main types of ADHD, each with distinct characteristics:

Combined Type: Shows both impulsive/hyperactive behaviors and issues with inattention and distractibility.

Hyperactive/Impulsive Type: Primarily involves hyperactive and impulsive actions with less focus on inattention.

Inattentive Type: Characterized by a lack of hyperactivity, instead presenting high levels of inattention and distractibility.

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Causes of ADHD

The exact cause of ADHD is unknown, but several factors may contribute:

Genetics: ADHD often runs in families, indicating a genetic link.

Brain Chemistry: Imbalances in neurotransmitters can affect attention and behavior.

Brain Development: Variations in brain structure and development can contribute to ADHD.

Environmental Factors: Exposure to toxic substances during pregnancy or early childhood may increase the risk.

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Diagnostic Criteria for ADHD

The diagnosis of ADHD requires specific criteria:

Early Onset: Symptoms must appear before the age of twelve.

Presence Across Settings: Symptoms should be noticeable in multiple areas, like home, school, or work.

Functional Impairment: The symptoms must interfere significantly with daily functioning.

Exclusion of Other Disorders: Symptoms should not be better explained by another mental health condition.

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Conclusion

ADHD is a complex disorder that affects many aspects of a person's life. While it poses challenges, proper diagnosis and support can help individuals manage symptoms and lead fulfilling lives. Recognizing ADHD's symptoms and types helps us understand how it impacts daily life and the importance of early intervention and support systems.

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