

QUICK FACTS ABOUT

ADHD

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Attention-Deficit/Hyperactivity Disorder (ADHD) is characterised by symptoms of **Inattention, Distractibility,** and **Executive Dysfunction.**

Different individuals display different symptoms, resulting in **three main types,** and **three subtypes,** of ADHD that can be diagnosed.



THE THREE MAIN TYPES:

1

PREDOMINANTLY INATTENTIVE ADHD

Manifests as primary symptoms plus low energy and motivation, and individuals appears to "space out" and be internally preoccupied. *Generally diagnosed later in life, and more common in females.*

PREDOMINANTLY HYPERACTIVE/IMPULSIVE ADHD

Characterised by primary symptoms, hyperactivity, restlessness, and impulsivity.

Hyperactivity refers to excessive movement, energy, and being overly talkative. Impulsivity refers to decisions or actions taken without thinking through the consequences.

2

3

OVERFOCUSED/COMBINED PRESENTATION

Indicators include the primary symptoms, cognitive inflexibility, trouble shifting attention, being stuck on negative thoughts, excessive worrying, holding grudges, being argumentative, and oppositional.

Often present with symptoms indicative of self-harming tendencies, Oppositional Defiant Disorder, or Conduct Disorder.

THE THREE SUBTYPES:



TEMPORAL LOBE ADHD

Individuals may experience periods of anxiety, headaches or abdominal pain, have a history of head injury, family history of anger disorders, depression, memory problems, and possible reading difficulties, plus primary symptoms.

More common in families with learning or temper problems.

1

SUBTYPE

2

SUBTYPE

LIMBIC LOBE ADHD

Together with primary symptoms, individuals present chronic mild sadness, negativity, low energy, low self-esteem, irritability, social isolation, and poor appetite and sleep patterns.

Stimulants can cause problems with rebound or depressive symptoms.

RING OF FIRE ADHD

Features include extreme moodiness, anger outbursts, oppositional behaviours, racing thoughts, excessive talking, and extreme sensitivity to sounds and lights, in addition to the presentation of the primary symptoms.

Symptoms are usually made much worse by stimulants.

3

SUBTYPE