

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects both children and adults. It is characterized by persistent patterns of inattention, hyperactivity, and impulsivity. Understanding **what is ADHD?** is crucial for recognizing its impact on daily life and functioning.

Symptoms of ADHD

The symptoms of ADHD can vary widely among individuals. They generally fall into two categories: inattention and hyperactivity-impulsivity. Here are some common symptoms:

- Difficulty sustaining attention in tasks or play activities
- Frequent careless mistakes in schoolwork or other activities
- Difficulty organizing tasks and activities
- Fidgeting or tapping hands or feet
- Interrupting or intruding on others' conversations or games

Recognizing these symptoms is the first step in understanding **what is ADHD?** and how it manifests in different individuals.

Types of ADHD

ADHD is classified into three main types, each with distinct characteristics:

1. **Predominantly Inattentive Presentation:** This type is characterized mainly by inattention and is often seen in individuals who may not exhibit hyperactive behaviors.
2. **Predominantly Hyperactive-Impulsive Presentation:** Individuals with this type primarily display hyperactive and impulsive behaviors without significant inattention.
3. **Combined Presentation:** This type includes a mix of both inattentive and hyperactive-impulsive symptoms, making it the most common form of ADHD.

Understanding these types can help in tailoring effective treatment plans.

Diagnosis of ADHD

Diagnosing ADHD involves a comprehensive evaluation by a qualified healthcare professional. This process may include:

- A detailed history of the individual's behavior
- Standardized rating scales and questionnaires
- Input from parents, teachers, and other caregivers

It is essential to approach the diagnosis with care, as many symptoms of ADHD can overlap with other conditions. Therefore, a thorough assessment is vital for accurate diagnosis and treatment.

Conclusion

In summary, understanding **what is ADHD?** involves recognizing its symptoms, types, and the importance of proper diagnosis. If you suspect that you or someone you know may have ADHD, seeking professional guidance is crucial. For more information on ADHD and related resources, you can visit .