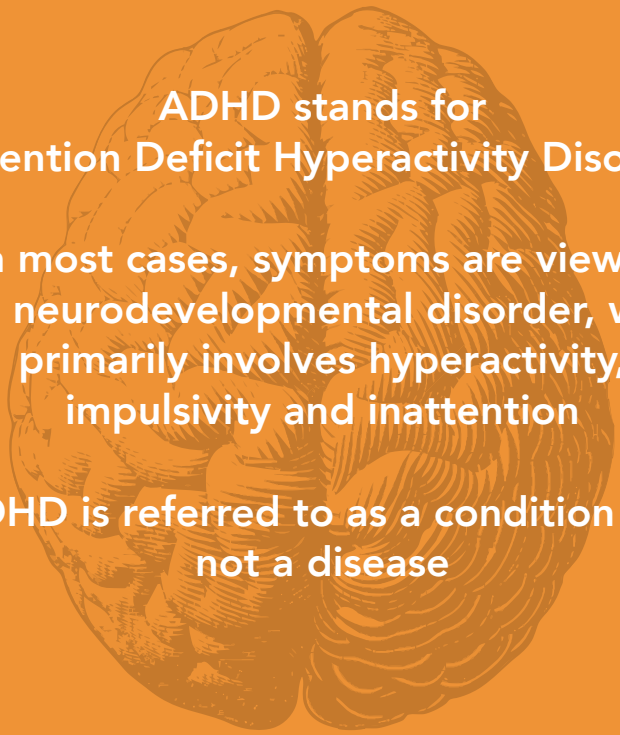
ADULTS WITH ADHD



ADHD NORGE



ADHD stands for
Attention Deficit Hyperactivity Disorder

In most cases, symptoms are viewed as a neurodevelopmental disorder, which primarily involves hyperactivity, impulsivity and inattention

ADHD is referred to as a condition and not a disease

Causes of ADHD
Genetic factors may play a role in the development of ADHD, along with environmental factors. Studies show that complications during pregnancy and delivery may increase a child's risk of developing ADHD.

It is common to divide ADHD into three subtypes, according to the symptoms that are presented. These are:

- ADHD predominantly Hyperactive and Impulsive type
- ADHD predominantly Inattentive type
- ADHD Combined type, i.e. Inattentive, Impulsive and Hyperactive

Hyperactivity:

- Difficulty staying seated
- Fidgeting with hands or feet
- Restlessness and inner nervousness
- High level of activity, as if "driven by an inner motor"

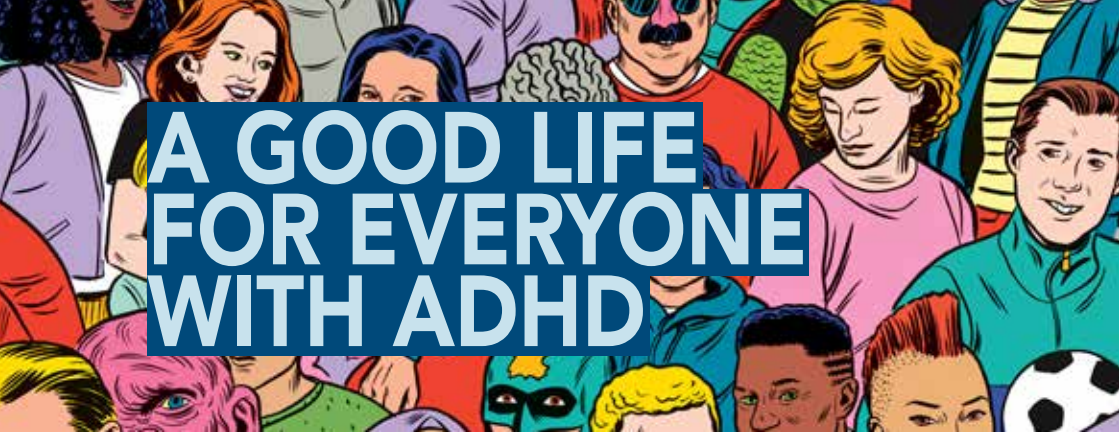
Impulsivity:

- Unable to wait one's turn
- Excessive talking, or saying things without considering the situation
- Interrupting or distracting others
- Acting without thinking first

I**nattention:**

- Difficulty sustaining attention
- Difficulty completing tasks
- Difficulty organising and adapting activities
- Avoiding or procrastinating tasks that require concentration
- Forgetful in daily activities
- Problems with following instructions
- Easily distracted

Most people who are diagnosed with ADHD have a Combined type. This means that they have pronounced difficulties with hyperactivity, impulsivity and attention.



A GOOD LIFE FOR EVERYONE WITH ADHD

What to do if you suspect you have ADHD
See your doctor (GP) if you believe you have ADHD. You doctor must then send a referral to a District Psychiatric Centre (DPS), who will perform a diagnostic assessment. To be diagnosed with ADHD, symptoms must have been persisted for at least six months and been present before the age of twelve. A pattern of symptoms must have negatively impacted daily function and been present in a variety of situations.

For adults, it is important to obtain supplemental information from parents or other close relatives or friends who can describe your behaviour during your childhood and adolescence. Around 75 per cent of adults who are diagnosed with ADHD will also have other disorders. In adults, anxiety and depression are the most common comorbidities.

ADHD Norway
ADHD Norway is a nationwide, nonprofit organisation for people with ADHD and their families.

ADHD Norway's vision is a good life for everyone with ADHD.