



## Attention Deficit Hyperactivity Disorder

There are three subtypes of ADHD according to the DSM-V. One involves inattention, one involves hyperactivity and impulsivity, and the third is a combination of the two. All three types are referred to as ADHD.

ADHD is a deficit in executive functioning. Executive Function is a brain function that acts like the executive secretary of your brain. It is the part of the brain you use to organize, plan and execute action. It also includes your level of attentiveness and ability to modulate, or control, your emotions. There are 6 clusters of brain activities involved in executive functioning. They are:

1. Organize, prioritize, and activate tasks
2. Focus, sustain, and shift attention to task
3. Regulate alertness, sustain effort, and processing speed
4. Manage frustration and modulate emotions
5. Use working memory and access recall
6. Monitor and self-regulate actions

Brown, Thomas E. (2005) Attention Deficit Disorder: The Unfocused Mind in Children and Adults (pp20-58). New Haven, CT. Yale University Press Health and Wellness.

### Signs There Might Be a Problem

1. Lose assignments or important items, don't know where to start a project so you procrastinate and feel overwhelmed.
2. When disinterested in something, your mind wanders and bounces to different things. Or, you hyper focus on something and can't avert your attention elsewhere.
3. Have a hard time staying alert with boring topics, take longer to do things than others.
4. Get angry easily, have a hard time calming down and not "freaking out".
5. Are often forgetful, don't remember where you put the list you made, can't remember things.
6. Act first, think later. Sometimes you say or do things you wish you hadn't and it gets you into trouble.