ADD OR ADHD?

- Attention Deficit Disorder (ADD) - most popular term
- Attention Deficit Hyperactivity Disorder (ADHD) - official clinical diagnosis
  - Combined
  - Predominantly Inattentive
  - Predominantly Hyperactive-Impulsive

ADD Statistics

- Prevalence: 5 - 8% of school age population
- 4 – 5% adults
- ADHD only exists in countries with compulsory education

Dr. S Hinshaw, ADDA Conference Keynote, October 2007
CHARACTERISTICS of ADHD

- Distractability (Inattention)
- Impulsivity
- Hyperactivity

Also problems with:
- Organization
- Restlessness
- Procrastination
- Boredom
- Impatience
- Mood swings
- Addictive behavior
- Self esteem

What is AD/HD?

- An impairment in the executive functions of the brain.
- The impairments exist in the brain circuits that prioritize, integrate, and regulate other cognitive functions.

(from ADDitude Magazine)

CAUSES of ADHD

- Neurobiological factors influence the brain’s neurotransmitters
  - Dopamine, Norepinephrine, &/or Serotonin deficiency
- Under functioning in prefrontal cortex
  - Area that signals brain to pay attention to some stimuli and ignore others (executive functioning)
- Genetic factors (75-80% of cases)
  - No single gene & No single cause
## ADHD IS NOT CAUSED by Environmental Factors

- Family or parenting problems
- Poor teachers or school
- Too much television or video games
- Head injury or brain damage
  - Vast majority has neither
- Refined sugar & food additives
  - May cause symptoms in a very few children who are either very young or have food allergies

## ADHD DSM-IV CRITERIA
*(Diagnostic & Statistical Manual of Mental Disorders, Fourth Edition)*

- Persistent inattention &/or hyperactivity- impulsivity for at least 6 months
- Some symptoms must be present by age 7
- Impairment must be present in at least two areas of a person’s life
  - School
  - Home
  - Work
  - Social Settings

## ADHD DSM-IV CRITERIA

- Clear evidence of interference with developmentally appropriate social, academic, or occupational functioning
- Not better accounted for by:
  - Age appropriate behaviors in active children
  - Under stimulating environment
  - Mental disorders
  - Mood disorders
  - Substance disorders
  - Post-traumatic stress disorder
Easily distracted by extraneous stimuli
Makes decisions impulsively
Difficulty stopping activities
Starts projects without reading or listening carefully
Poor follow-through on promises or commitments
Problems doing things in order/sequence

Proposed DSM-V Adult Criteria continued

Drives too fast and/or recklessly
Difficulty sustaining attention in leisure activities
Difficulty organizing things

Symptoms in at least 2 situations, causing impairment, beginning prior to 16 years, not better accounted for by other major conditions.

How Should ADHD Be Diagnosed

Comprehensive Evaluation
Using well tested diagnostic interview methods
Based primarily on DSM-IV criteria
By licensed, qualified mental health professionals
• Psychiatrists
• Psychologists
• LMFCCs
How Should Adult ADHD Be Diagnosed

- COMPREHENSIVE EVALUATION
  Including:
  - Developmental history
  - Medical history
  - Behavioral history
  - Educational history
- Using:
  - Rating scales
  - Questionnaires
  - Completed by client & others
- Based primarily on DSM-IV criteria
- By licensed, qualified mental health professionals
- Psychiatrists
- Psychologists
- LMFCCs

Concerns about ADHD Diagnosis

- How to differentiate this disorder from other coexisting conditions?
  - Bipolar
  - Depression
- What are normal behavior boundaries?
- Why is the condition more prevalent in U.S.?

TRADITIONAL TREATMENT of ADHD

- Medication
- Psychotherapy
- Counseling or Coaching to learn
  - Coping strategies
  - Better adaptive behaviors
MEDICATION for ADHD

- Sends chemical messages to the brain so you can function more efficiently
- Does NOT provide skills or motivation
- Should make it easier to acquire needed skills

Commonly Prescribed Adult AD/HD Medications

- **Stimulant Medications**
  - Methylphenidates such as:
    - Ritalin
    - Concerta
    - Focalin
  - Amphetamines such as:
    - Adderall
    - Dexedrine

Commonly Prescribed Adult AD/HD Medications (continued)

- **Non stimulant Medications**
  - Atomoxetine such as:
    - Straterra
  - Bupropion (anti-depressant) such as:
    - Wellbutrin
### STIMULANTS

**BENEFITS**
- Effects dopamine levels
- Reduces distractibility & hyperactivity
- Increases concentration & impulse control

**POSSIBLE SIDE EFFECTS**
- Reduced appetite
- Insomnia
- Growth suppression (in children)
- Irritability
- Cylert- very slight chance of liver damage
- Sometimes abused

### ANTI-DEPRESSANTS

**BENEFITS**
- Elevates mood
- Increases physical activity, tranquility, & concentration
- Helps prevent anxiety attacks & emotional outbursts

**POSSIBLE SIDE EFFECTS**
- Insomnia
- Headache
- Drowsiness
- Memory Impairment
- Reduced sex drive

### Studies of ADHD & prescribed Drug Use

- **2005 Report by Medco Health Solutions**
  - Between 2000 – 2004 use of drugs for focusing
    - increased 200% for adults aged 20 -44
    - Increased 56% for children

- **1998 AMA Study**
  - One of the best researched disorders in medicine
  - Not over diagnosed or widely misdiagnosed
  - Stimulants used for treatment are not over prescribed
ADDICTION & ADHD ADULTS

- ADDers who take these medications as prescribed are less likely than untreated ADDers to drink or abuse drugs.
- Treating ADHD effectively is powerful protection against substance abuse.
- An individual who hasn’t started abusing a substance by age 21 is unlikely to start later.

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ALTERNATIVE Dietary TREATMENTS

- Balanced, healthy diet
  - Eliminate (or reduce) additives & sugar
  - 50% fruits & vegetables, 25% protein, 25% carbohydrates

- Dietary Supplements
  - Herbs such as:
    - St John’s Wort & Gingko Biloba
  - Vitamins and Minerals such as:
    - Zinc
  - Nutritional Supplements such as:
    - Omega 3s

Other ALTERNATIVE TREATMENTS include:

- Physical Exercise
- Neurofeedback
- Meditation
Safety of Alternative Treatments

- Natural does not automatically mean safe
  - Ephedra problem
- Most nutritional & behavioral approaches cannot be patented
- FDA approval expenses are very high
  - Very unlikely that intensive scientific research funds would yield a profit
  - These treatments therefore are not widely recommended in U.S.