

ADHD: Myths Versus Facts

UNDERSTANDING ATTENTION-DEFICIT/HYPERACTIVITY DISORDER





There are many myths about ADHD.

Attention-Deficit/Hyperactivity Disorder (ADHD) may often be misunderstood. The following are some common myths about ADHD and some facts to dispel those myths.



Myth #1

ADHD is not a real disorder.

FACT:

ADHD is a medically recognized disorder that can be managed. A person does not have ADHD simply because he or she becomes distracted or engages in impulsive behavior. It is important to note that having some of these symptoms does not necessarily mean a person has ADHD: Only a trained health care professional can accurately diagnose ADHD.

Myth #2

A simple test can determine if someone has ADHD.

FACT:

There is no simple diagnostic test that can specifically identify ADHD, as can be done with other disorders such as diabetes. However, there is a standardized way that ADHD is diagnosed.

Health care professionals gather as much information as possible about a patient's history through interviews, observation, assessments, and school records. This helps them make an accurate diagnosis and rule out other possible causes of symptoms.



Myth #3

ADHD is just a childhood disorder.

FACT:

ADHD can affect children, teenagers, and adults.

- It is estimated that approximately 6.4 million* US school-aged children are affected by ADHD.
- It is estimated that 10.5 million† US adults have ADHD.

*According to the 2011-2012 National Survey of Children's Health, in which parents were asked if a health care practitioner had ever told them their child had ADD (Attention-Deficit Disorder) or ADHD, approximately 11% of US school-aged children had been diagnosed with ADHD, representing 6.4 million children nationwide.

†The National Comorbidity Survey Replication (2001-2003), which included 3199 adults ages 18 to 44 years, reported an estimated 4.4% of adults had ADHD. When these data were extrapolated to the full US adult population ages 18 and older, approximately 10.5 million adults in the United States were estimated to have ADHD.



Myth #4

ADHD is just an excuse for people who are lazy or lack willpower.

FACT:

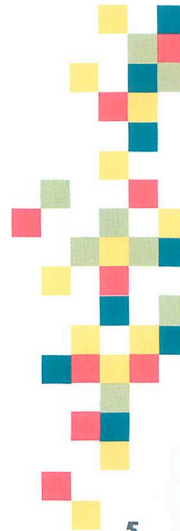
ADHD is not about intelligence or motivation. School, work, and social interactions can be challenging when it is hard to pay attention, stay organized, or control impulses.

Myth #5

Poor parenting can result in ADHD.

FACT:

ADHD is not caused by bad parenting or by anything you or a loved one has done. Simply applying more discipline—without accounting for the symptoms of ADHD—may not help. However, setting clear and consistent expectations and establishing a home environment with predictable routines can help in the management of ADHD.





Myth #6

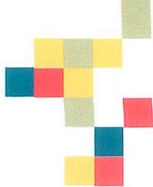
It is okay to try to help others by sharing ADHD medication.

FACT:

Medication should not be shared under any circumstances. Selling or giving away ADHD medication may harm others and is against the law. ADHD medication should be taken only by the person it has been prescribed for, and only as directed.

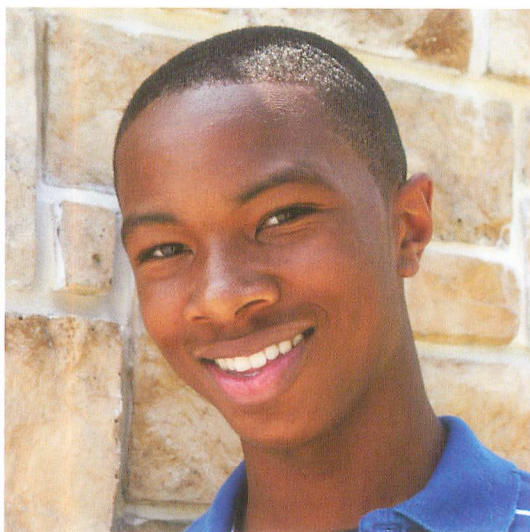






Where can I get more information about ADHD?

For more information, visit
www.ADHDandYou.com.



Keep this guide as a handy resource for facts about ADHD.

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