



ADULTS WITH ADHD

ADHD NORGE



ADHD

ADHD is prevalent in approximately 2-3 % of adults over the age of 18. ADHD stands for Attention Deficit Hyperactivity Disorder. In most cases, symptoms can be recognised as a neurological disorder, which primarily presents as increased restlessness, impulsivity and attention problems. ADHD is a condition, not a disease.

Causes of ADHD

Genetics play a significant role in the development of ADHD. Studies have shown that complications during pregnancy and birth may increase the risk of developing ADHD, and that genetic and environmental factors both play a role.

ADHD is commonly divided into three subtypes based on how it is presented or the type of symptoms experienced:

- ADHD predominantly hyperactive-impulsive type
- ADHD combined type (i.e. inattention, impulsivity and hyperactivity)
- ADHD predominantly inattentive type (previously called Attention Deficit Disorder – ADD)

Hyperactivity:

- Difficulty sitting still
- Fidgeting with hands and feet
- Restlessness and inner turmoil/anxiety
- High levels of activity, as if being driven by an internal motor

Impulsivity:

- Difficulty waiting their turn
- Talking very fast or not thinking through a situation
- Often interrupt or interfere
- Act without thinking

Inattentiveness:

- **Problems concentrating**
- **Difficulty in completing tasks**
- Difficulty in organising and arranging activities
- Avoiding or eschewing tasks which require concentration
- Forgetful in daily activities
- Difficulty in following instructions
- Distracted easily

Most people who are diagnosed with ADHD have ADHD combined type. That is, they have significant difficulties with hyperactivity, impulsivity and inattention

What should I do if I suspect my child has ADHD?

ADHD assessment is conducted in consultation with District Psychiatric Centres (DPS) after a referral by a doctor for evaluation. For a diagnosis to be made, the symptoms must have been present for at least six months. Symptoms should have presented before the age of 12, cause substantial problems, and manifest in various situations.

For adults, supplementary information provided by parents/guardians and other close individuals is important in terms of describing behaviour in childhood and adolescence. Around 75 % of adults diagnosed with ADHD, also have other afflictions, such as anxiety or depression.

ADHD Norway

ADHD Norway is a nationwide, voluntary organisation for people with ADHD and their relatives.

ADHD Norway's vision is that everyone with ADHD should have the opportunity to make use of their resources and enjoy a good quality of life.

A decorative graphic at the bottom of the page consists of several vertical bars of varying heights and shades of blue, ranging from light sky blue to dark navy blue. The bars are arranged in a somewhat irregular pattern, creating a modern, abstract background.

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