

Untreated ADHD in adults can cause quite a few problems and adaptation issues to the “grownups world.” these problems have a significant effect on relationships; career and can dramatically affect the quality of life.

The behavioral symptoms associated with ADHD often cause adults to struggle on a daily basis with social and professional situations and can produce emotional distress. Luckily, nowadays, ADHD can be diagnosed and treated, and one can minimize its impact on his quality of life.



Here are some important facts about ADHD in adults:

Although ADHD may seem like a will power problem it's actually a neurological chemical imbalance problem.

- Up to 16.4% of adults have ADHD, but only around 4.4% are formally diagnosed in the US every year.
- About 20%-35% of children with ADHD outgrow the condition, meaning that they no longer have ADHD symptoms resulting in impairment to their adult life.
- Although traditional thinking alludes to higher men vs. woman proportion of ADHD prevalence, we are learnings now that it is not the case. ADHD in women is consistently under-diagnosed and under-treated compared to men.

- A person suffering from ADHD is six times more likely to suffer from another psychiatric or learning disorder, such as major depression or anxiety disorder.
- Hyperactivity and restlessness are not a common symptom of adult ADHD. The more common adult symptoms include; Trouble concentrating and staying focus during boring tasks, disorganization and forgetfulness, Impulsivity and emotional difficulties.
- Hyperfocus, which is an over absorption into an activity, is another trait of people suffering from ADHD, but rather a less known aspect of it. It is a brain mechanism of coping with distractors. Though it could have some benefits if channeled into productive activities it could also lead to work and relationship problems.
- Up to 30% of children and 25-40% of adults with ADHD experience a co-existing anxiety disorder.
- Up to 70% of those with ADHD will be treated for depression at some point in their lives.
- Adults with ADHD may have trouble with orientation, following instructions, remembering information, concentrating, organize tasks and finish work on time.
- Adults with ADHD might face chronic boredom, lateness, and forgetfulness.
- No two adults with ADHD are exactly alike, and each one handles ADHD in different manners and life strategies.
- ADHD is NOT caused by: poor parenting, falls or head injuries, traumatic life events, digital distractions, video games and television, lack of physical activity, food additives, food allergies, or excess sugar. ADHD IS caused by chemical, structural, and connectivity differences in the brain, mostly as a result of genetics.
- ADHD is a complex diagnosis, mainly due to the existence of other disorders masking it, so it's important to work with a professional familiar with ADHD when seeking diagnosis.
- Research has shown that the most effective treatment for ADHD is a combination of medication and therapy.

Sources:

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