

## How does ADHD affect cognitive development?

### Positives

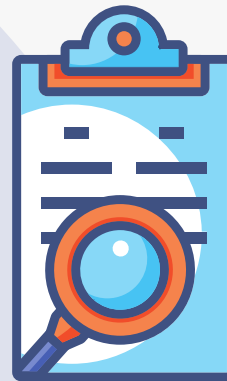
- ADHD has been found to positively affect the success of people in creative domains. (8)
- The majority of children with ADHD are found to be resilient. (9)

### Negatives

- ADHD has been found to negatively affect impulse control, working memory, and reaction time. (3)
- ADHD leads to a decrease in executive functioning. (5)
- ADHD can have negative effects on alertness and time estimation. (5)

## Rates of ADHD

- ADHD is diagnosed in 5.9% of youth and 2.5% of adults. (1)
- Boys are more likely to be diagnosed with ADHD compared to girls (12.9% to 5.6%). (2)
- ADHD diagnosis percentages increase as they transition from childhood to adolescence. (2)
- Ages:
  - **2-5:** 2.4%
  - **6-11:** 9.6%
  - **12-17:** 13.6%



# ADHD: The Common Childhood Disorder

## WHAT IS ADHD?

- ADHD is characterized as having trouble paying attention, having impulsive behaviours, or being hyperactive. (1)
- ADHD is caused by a combination of genetic and environmental risks. (1)
- ADHD is a disorder that tends to begin in childhood but often continues into adulthood. (4)

**Quinton Goldade**

## Important Definitions

- **Working Memory:** The ability to retain a small amount of information and use it for cognitive tasks. (short-term memory) (6)
- **Executive Functioning:** Cognitive processes that control thoughts and behaviours. (7)
- **Alertness:** The ability to be vigilante and have sustained focus and attention. (5)
- **Resilience:** Being able to adapt positively to adversity at home and school. (9)
- **Time Estimation:** Estimation on the amount of time needed to complete a task. (5)



## Treatments for ADHD

### 2 main treatments for ADHD :

- Cognitive Behavioural Therapy (CBT)
- Medications



### Cognitive Behavioural Therapy (CBT)

- **CBT** is a different approach to therapy that helps an individual change irrational thoughts and behaviours and teaches techniques to control attention. (12)

### Medications

#### Stimulants



- **Methylphenidate** or better known as **Ritalin** is one of the most purchased drugs to treat ADHD. (10)
- Boosts dopamine levels in the brain to increase concentration and reduce hyperactivity. (11)

#### Non-Stimulants



- **Atomoxetine** or more commonly known as **Strattera** is a common non-stimulant drug used for the treatment of ADHD. (11)
- Increases the amount of norepinephrine in the brain which increases attention span and reduces impulsivity. (11)

## What can parents and teachers do to support children with ADHD?

- Build positive relationships with the child. (13)
- Improve the parents/teachers' behaviour management skills. (13)
- Increase family involvement in education. (13)
- Productive parent-teacher collaborations that improve child development. (13)

## Why should you care?

Learning about ADHD is important for changing the stigma around this very common disorder, which can negatively affect 5.9% of youth and 2.5% of adults. (1)

