



# Staying Motivated

## With Attention Deficit Hyperactivity Disorder (ADHD)

ADHD may impact many areas of a person's life – schoolwork<sup>1</sup>, relationships<sup>2</sup>, and career.<sup>3</sup>

There is effective support available to help individuals and families living with ADHD.

### Family Realities:

- Children with ADHD are likely to have strained relationships with their parents<sup>4</sup> and their siblings<sup>5</sup>, so it is normal to feel family stress when you have a child or children with ADHD, or if you are a person with ADHD.
- With the disruption brought on by having a sibling with ADHD, brothers and sisters of children with ADHD are more likely to report feeling anxious, worried, or sad.<sup>6</sup>
- Being the mother of a child, or children, with ADHD increases your likelihood of depression.<sup>7</sup>
- Families with ADHD have higher healthcare costs.<sup>8</sup>

### Good News:

- Many children with ADHD respond well with medication if the medical professional takes care to determine and monitor the effectiveness of the optimal medication and dosage.<sup>9</sup>
- Psychostimulant medications evoke a positive response in 70 to 80 percent of children with ADHD<sup>10</sup>, resulting in significant increases in compliance, effort, attention, concentration, and the accuracy and amount of schoolwork completed.<sup>11</sup>
- Giving children choices in chores and homework – which tasks they'll do first and when – helps increase cooperation and productivity.<sup>12</sup>

### Academic/Behavioral Realities:

- While your child with ADHD may be bright, in certain areas many children with ADHD are as much as 30 percent behind their peers, developmentally.<sup>13</sup>
- The ADHD brain matures an estimated 30% more slowly than the non-ADHD brain, translating into a delay of three years for a 10-year old.<sup>14</sup>
- If you are a student with ADHD, you may be less likely to remember your chores, assignments, or complete your work by yourself.<sup>15</sup>
- ADHD brings an increased risk of academic failure, dropping out of school or college, and teenage pregnancy.<sup>16</sup>
- For adolescents with ADHD, there is an increased risk of criminal behavior.<sup>17</sup>

### Good News:

- For pre-adolescents with ADHD, participating in a school-based, professionally-led support group can help increase your sense of self-worth.<sup>18</sup>
- Evidence shows greater improvement in children when behavioral or psychosocial treatment is used along with medication. Both methods are more successful together than either is independently.<sup>19 - 22</sup>
- Medication can help most students with ADHD do better at school and at home, helping you pay attention, concentrate, complete work, and feel better about yourself.<sup>23</sup>
- It is critically important to identify learning problems such as language deficits, problems with organization, poor memory, and weak executive functioning as early as is possible, and then to implement appropriate accommodations.<sup>24</sup>

### Adults-with-ADHD Realities:

- For adults with ADHD, there are increased difficulties in keeping a job.<sup>25</sup>
- Being an adult with ADHD increases your likelihood of having a car accident, being found at fault for an accident, being cited for speeding or reckless driving, and having your driver's license suspended or revoked.<sup>26</sup>

### Good News:

- Learning as much as possible about your particular type of ADHD can help you in finding the best medication, support, strategies, coping skills, and tools for you.<sup>27</sup>
- ADHD medications can improve driving performance, but they must be taken as directed. When your medication has worn off, it is best to let someone else drive.<sup>28</sup>

## Footnotes:

1. Faraone SV, Biederman J, Monuteaux MC, et al. A psychometric measure of learning disability predicts educational failure four years later in boys with ADHD. *J Atten Disord*2001;4:220-30.
2. Bagwell CL, Molina BS, Pelham WE, et al. ADHD and problems in peer relations: Predictions from childhood to adolescence. *J Am Acad Child Adolesc Psychiatry*2001;40:1285-92.
3. Mannuzza S, Klein RG, Bessler A, et al, Adult outcome of hyperactive boys. Educational achievement, occupational rank and psychiatric status. *Arch Gen Psychiatry* 1993; 50:565-76.
4. Johnston C, Mash EJ. Families of children with ADHD: review and recommendations for future research. *Clin Child Fam Psychol Rev*2001;4:183-207.
5. Kendall J, Siblings accounts of attention deficit hyperactivity disorder. *Family Proc*1999I 38:117-36.
6. Kendall J, Siblings accounts of attention deficit hyperactivity disorder. *Family Proc*1999I 38:117-36.
7. Farone SV, Biederman J, Chen WJ, et al. Genetic heterogeneity in attention-deficit hyperactivity disorder (ADHD):gender, psychiatric comorbidity, and maternal ADHD. *J Abnorm Psycho*1995; 104:334-45.
8. Leibson CL, Katusic SK, Barbaresi WJ, et al. Use and costs of medical care for children and adolescents with and without attention deficit/hyperactivity disorder. *JAMA*2001;285:60-6
9. MTA Cooperative Group. (1999) A 14-month randomized clinical trial of treatment strategies for attention deficit hyperactivity disorder. *Archives of General Psychiatry*:56,12.
10. MTA Cooperative Group. (1999) A 14-month randomized clinical trial of treatment strategies for attention deficit hyperactivity disorder. *Archives of General Psychiatry*:56, 12.
11. Spencer, T., Wilens, T., Biederman, J., Faraone, S.V., Ablon, J.S., & Labey, K. (1995). A double-blind, crossover comparison of methylphenidate and placebo in adults with childhood onset attention-deficit/hyperactivity disorder. *Archives of General Psychiatry*:52, 434-443.
12. Dendy, C. (2011) *Teaching Teens with ADD, ADHD, and Executive Function Deficits*. Bethesda, MD: Woodbine House:237.
13. Barkley, RA. (2005) *Taking Charge of ADHD: The Complete, Authoritative Guide for Parents*. New York, NY: Guilford Press:35.
14. Ibid.
15. Dendy, C. *Understanding the Link Between Executive Functions and School Success*. CHADD's *Attention Magazine*, February, 2008:18-21.
16. Barkley, RA , (2006) *Attention deficit hyperactivity disorders: A handbook for diagnosis and treatment*.(3rd ed.). New York, NY: Guilford Press:18-21.
17. Barkley RA, Murphy KR, Fischer M. (2008) *ADHD in Adults, What the Science Says* New York, NY: Guilford Press:2008:54
18. Frame K, Kelly L, Bayley E. Increasing perceptions of self-worth in preadolescents diagnosed with ADHD. *J Nurs Scholarsh*2003; 35:225-9.
19. Conners CK, Epstein JN, March JS, et al. Multimodal treatment of ADHD in the MTA: an alternative outcome analysis. *J Am Acad Child Adolescent Psychiatry*2001;40(2):159-67.
20. MTA Cooperative Group. National Institute of Mental Health Multimodal Treatment Study of ADHD follow-up: 24-month outcomes of treatment strategies for attention-deficit/hyperactivity disorder. *Pediatrics*2004;113(4):754-61.
21. MTA Cooperative Group. A 14-month randomized clinical trial of treatment strategies for attention-deficit/hyperactivity disorder. The MTA Cooperative Group. Multimodal Treatment Study of Children with ADHD. *Arch Gen Psychiatry*1999;56(12):1073-86.
22. Abikoff H, Hechtman L, Klein RG, et al. Symptomatic improvement in children with ADHD treated with long-term methylphenidate and multimodal psychosocial treatment. *J Am Acad Child Adolesc Psychiatry*2004;43(7):802-11.
23. Dendy, C. (2011) *Teaching Teens with ADD, ADHD, and Executive Function Deficits*. Bethesda, MD: Woodbine House:207-208
24. Ibid:31-34.
25. Mannuzza S, Klein RG, Bessler A, et al, Adult outcome of hyperactive boys. Educational achievement, occupational rank and psychiatric status. *Arch Gen Psychiatry* 1993; 50:565-76.
26. Barkley RA, Murphy KR, Kwasnik D. Motor vehicle driving competencies and risks in teens and young adults with attention deficit hyperactivity disorder. *Pediatrics*1996; 98:1089-95.
27. Barkley, RA, (2010) *Taking Charge of Adult ADHD*. New York, NY: Guilford Press:100-105
28. Cox DJ, Merkel RL, Penberthy JK, et al. Impact of methylphenidate delivery profiles on driving performance of adolescents with attention deficit hyperactivity disorder: a pilot study. *J Am Acad Child Adolesc Psychiatry* 2004;43:269-75.

Developed with a grant from 

# The Many faces of ADHD

Understanding Attention Deficit Hyperactivity Disorder



<http://www.adhdawarenessmonth.org/>