

A Note on Attention Deficit Hyperactivity Disorder

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Introduction

ADHD, commonly known as attention deficit hyperactivity disorder, is a behaviour condition that affects children and is marked by inattention, impulsivity, and, in some cases, hyperactivity. These symptoms are frequently present at the same time; however, one may appear without the other. Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disease characterised by pervasive, damaging and generally age-inappropriate levels of inattention, carelessness, hyperactivity (which can evolve into inner restlessness in adulthood) and impulsivity.

Some people with ADHD also struggle with emotion regulation and exhibit executive dysfunction. Symptoms must create issues in at least two places (such as school, family, job, or leisure time) for at least six months to be diagnosed. Paying attention issues in youngsters can lead to low academic achievement. ADHD is frequently linked to various mental illnesses and substance abuse issues, which can lead to further damage, especially in today's culture. Although persons with ADHD have difficulty focusing on things that they are not very interested in completing, they can often sustain an abnormally extended and intense level of concentration for projects that they find engaging or rewarding; this is known as hyperfocus [1,2].

ADHD is characterised by inattention, hyperactivity (restlessness in adults), disruptive conduct and impulsivity. Academic challenges, as well as relationship issues, are common. It's tough to draw a line between typical levels of inattention, hyperactivity and impulsivity and substantial levels requiring care, therefore the symptoms might be difficult to identify.

Description

According to the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and its text revision (DSM-5-TR), symptoms must be persistent for at least six months and to a degree that is significantly larger than that of other people their age. For individuals under the age of 17, at least 6 symptoms of inattention or hyperactivity/impulsivity are required, while for those 17 and older, at least 5 symptoms are required. Symptoms must be present in at least two situations (e.g., social, school, job, or home) and must interfere with or diminish quality of life. Furthermore, some symptoms must have existed before to the age of twelve.

When hyperactivity is prevalent, it is nearly always noticeable by the age of seven and it can even be seen in very young toddlers. Inattention or attention deficit disorder may not be seen until a kid enters elementary school. ADHD is one of the most investigated topics of mental health in children and adolescents. The exact source of the illness, however, is yet unknown.

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According to the data, ADHD is a hereditary disorder. It's a biological condition that affects the brain. Children with ADHD have low amounts of dopamine (a brain chemical) and neurotransmitters (a type of brain chemical). PET scanners (positron emission tomography; a type of brain imaging that allows researchers to see the human brain at action) studies suggest that in children with ADHD, brain metabolism is lower in the regions of the brain that govern attention, social judgement and movement.

ADHD is a chronic illness that affects millions of youngsters and typically persists into adulthood. ADHD is characterised by a number of chronic issues, including trouble maintaining focus, hyperactivity and impulsive conduct. Children with ADHD may also have low self-esteem, strained relationships and poor academic achievement. Symptoms may reduce as you become older. Some people, however, never fully recover from their ADHD symptoms. They can, however, develop successful tactics.

It is common for youngsters to have difficulty focusing and behaving at some point in their lives. Children with ADHD, on the other hand, do not just grow out of these behaviours. The symptoms persist and can be severe, causing problems at school, at home and with friends [3-5].

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Conflict of Interest

No potential conflict of interest was reported by the authors.

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