

# **Towards a balanced view of ADHD: The positive ADHD project**

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[www.menti.com](http://www.menti.com)

- ▶ In your experience, can you identify any positives of ADHD traits/symptomology?

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## Introducing us...

### Personality & Social Development

Tom likes to be the centre of attention and can be quite disruptive to achieve this.

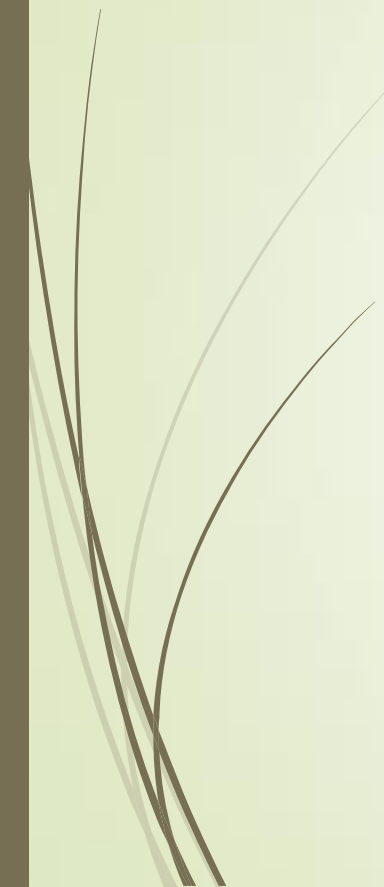
### Other Information

Oh dear! Perhaps we are going to have to curb this streak of independence, so that Tom isn't quite so helter-skelter! His interest & genuine enthusiasm for the





# Why is a balanced view important?

- We are immersed in a deficit driven model
  - Stigma
  - Acknowledging both challenges AND benefits
- 





## Bill

- “Yeah, yeah that’s a good point...I, I love having ADHD now (laughs), having said about the arduous journey and all the rest of it, I love the fact that I’m out the box. You know one of the books I was trying to write...was provisionally going to be called “what box?” because it’s not a case of what’s outside the box there’s no bloody box there anyway”



# Why is a balanced view important?

- We are immersed in a deficit driven model
  - Stigma
  - Acknowledging both challenges AND benefits
  - Evolutionary perspectives
  - Positive psychology
- 



# The difficulties of doing research when you have ADHD

- ▶ Life events
- ▶ The beginning of every meeting “So where were we?”
- ▶ Triple check for minor errors - details
- ▶ Not reading emails completely so things get missed
- ▶ Meeting deadlines as multiple other things take our attention

# The positives of ADHD: A Systematic Review

- ***We wanted to identify any original research which includes any positive reference at all to living with ADHD traits.***
- We reviewed 7 databases (WoS, Medline, Embase, CINAHL, ERIC, ASSIA, PsychINFO).
- Reviewed the titles and abstracts of 15,812 articles
- 36 papers were included for analysis.
- 27 were qualitative and 9 were quantitative
- 12 Looked specifically for positives = 1 paper in every 1,318





**Energy and Speed**



**Creativity**



**Resilience**



**“Being different”**



**Empathy**



**Risk Taking**



**Acute passion and  
enthusiasm for  
specific interests**





# Closing remarks

- The impact of having a deficit-led perspective in research

The results you get depend on the questions asked!

- The impact of a dominant negative narrative to children, young people, adults and their families.
- Could a balanced view of ADHD contribute to better outcomes? E.g. self-esteem, self-identity ?



# Thank You

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