

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

Tom Nicholson and Dr Laura Coulthard



## 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 noticeable! 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



# The start of the project

- How we met
- “So where were we?”
- Triple checking
- Emails and texts

# 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 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

- ➡ [laura.coulthard1@nhs.net](mailto:laura.coulthard1@nhs.net)
  - ➡ [T.Nicholson@Northumbria.ac.uk](mailto:T.Nicholson@Northumbria.ac.uk)
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