

Towards a balanced view of ADHD: The positive ADHD project

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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 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
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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

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