



Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition, meaning there is a 'disorder' of brain development that affects behaviours.

Symptoms of ADHD are focused around **inattention, impulsivity, and hyperactivity**.

ADHD is often diagnosed when these symptoms make a person's life considerably more difficult on a social, academic, or occupational level. These symptoms can present differently for people.

It is believed that **1 in 20 people** have ADHD, with studies showing a **gender ratio of 3:1** and therefore a perception of it being more common in males than females.

Whilst most cases are diagnosed when children are between the ages of 6 and 12, increasing numbers of adults are now being tested and diagnosed for ADHD.

Estimates suggest that **15% of people** diagnosed with ADHD as children still have a **full range of symptoms as adults**, with 65% of these still having some symptoms that affect their daily lives. Such symptoms can be disorganisation, difficulty handling workloads, acting on impulsive behaviours, and higher levels anxiety.

From a survey of **800 teachers** (COMRES, 2017) **55%** have **reported concerns** about possible **undiagnosed ADHD**. **74%** of these teachers **did not know** that **learners with ADHD** have **difficulties** with **organization and planning**.

Background

Coexisting
conditions
are the
norm

40%-50% of those with
ADHD also have
Dyslexia, Dyscalculia or
Dysgraphia

Increased risk of self
harm
Increased risk of
economic
dependency as
a result of
educational
underachievement

Increased risk of
hypertension
Stroke
Eating disorders
Obesity (& diabetes)
Allergies

25%- 30% of those
with ADHD are also
on the Autism
Spectrum

30%- 40% also
experience
Anxiety and / or
depression
30% also have
Migraine

**Co-occurring
conditions & risk
factors**