

Think you know about mental illness?



Attention-Deficit/Hyperactivity Disorder

The Mississippi Department of Mental Health is working to change the way you think about mental illness. Our goal is to eliminate misconceptions about and to promote a better understanding of mental health. It's time for us to change the way we think about mental illness. It's time to think again.

What is Attention-Deficit/Hyperactivity Disorder?

Usually known as ADHD, this condition makes it difficult for someone to pay attention and to control impulsive behaviors. Someone with ADHD may be restless and active, or they may feel the need to constantly move around or interrupt others. Symptoms begin in childhood, but this is not just a childhood disorder. Problems with hyperactivity can improve with age, but problems with inattention, impulse control, and disorganization can continue into adulthood. These problems can negatively affect someone's daily life.

What are the signs & symptoms?

There are usually three different types of symptoms associated with ADHD: inattention, hyperactivity, and impulsivity. Someone with ADHD may have combinations of these symptoms, which can get in the way of functioning or development. Symptoms include:

- Overlooking details in school, work, or other activities
- Problems focusing in work or play, including

during conversations or reading

- Not following through on instructions or becoming easily sidetracked
- Problems organizing tasks and activities, managing time, or meeting deadlines, or becoming distracted from or forgetting them

Some signs of hyperactivity and impulsivity are:

- Fidgeting and squirming, or getting up and moving when remaining seated is expected
- Having trouble waiting for an appropriate turn
- Interrupting others or intruding on their conversations or activities

What type of treatment is available?

Medications can often reduce hyperactivity and troubles with impulse control, improving someone's ability to focus, work, and learn. Therapy may not always be effective in treating symptoms, but can help patients and families cope with challenges. For more information, call the Mississippi Department of Mental Health help line at 1-877-210-8513.



All information obtained from the National Institute of Mental Health at www.nimh.nih.gov.

All material in this document is in the public domain and may be reproduced or copied without permission.