

# UNDERSTANDING ATTENTION-DEFICIT / HYPERACTIVITY DISORDER

陪我講 SHALL WE TALK



## What is attention-deficit/hyperactivity disorder (ADHD)?

Attention-deficit / hyperactivity disorder (ADHD) is a neurodevelopmental disorder that usually manifests in childhood. It is characterised by persistent patterns of inattention and / or hyperactivity-impulsivity. ADHD symptoms interfere with different aspects of the person's daily life, such as family, study, social and work.

## What are the symptoms of ADHD?

- The essential feature(s) of ADHD is / are inattention, hyperactivity-impulsivity, or a combination of both.
- The attention, impulsiveness and amount of activity of a person with ADHD is / are developmentally inappropriate for his age.

Common symptoms include:

### 1 Inattention

- Often fails to give close attention to details or makes careless mistakes
- Forgetful in daily activities
- Frequently loses things, e.g. books, wallets or mobile phones
- Has difficulty in organising tasks, activities, time or belongings



- Easily distracted
- Has trouble in sustaining attention in tasks or playing activities, therefore often fails to complete tasks
- Avoids or dislikes tasks requiring sustained mental effort, e.g. doing homework or preparing reports
- Often does not seem to be listening when spoken to directly
- Has trouble in following instructions

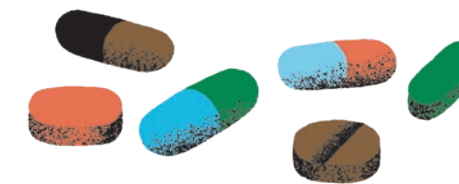
### 2 Hyperactivity and impulsivity

- Often feels restless
- Has trouble in playing quietly
- Often talks excessively
- Always blurts out answers before questions are completely asked
- Frequently interrupts or intrudes on others, e.g. chip in or take something away without permission
- Often fidgets with tapping hands or feet or squirming in seat
- Has difficulty in staying seated
- Impatient for waiting or taking turns
- Runs and climbs excessively



It is common for children to be distracted, restless or impulsive sometimes. That does not necessarily mean that they have ADHD. Professional diagnoses are required to find out whether a child is affected by the disorder. If you are concerned that your child may have ADHD, please consult your doctor.

## How to treat ADHD?



### A Medication

Medication helps to manage symptoms, e.g. improve attention, impulse control and hyperactivity, as well as regulate emotions.

### B Psychosocial treatment

Common components of intervention include:

- Family support, e.g. educate parents on behavioural training, parenting skills and ways to strengthen parent-child relationships and provide counselling as emotional support.
- Support to children with ADHD, e.g. develop skills to cope with ADHD symptoms, manage emotional experiences, handle social interactions and build self-esteem.
- School-based support, e.g. enhance learning environment, develop skills to organise schoolwork, as well as establish home-school communication and collaboration.



ADHD can be improved. If you think that your child may be suffering from ADHD, you should seek medical help the soonest.

## If you are taking care of a child with ADHD, you may help him by:



Maintaining consistent and systematic routines, keeping clear and simple rules and instructions, as well as giving reminders calmly



Keeping regular and positive parent-child communication



Praising your child when he is behaving appropriately. Acknowledging his efforts and achievements



Working closely with health care providers and school personnel

For more information:



Consult your doctor



Call the following hotlines:  
18111 Mental Health Support Hotline  
18111  
Hospital Authority Mental Health Direct  
2466 7350



Visit [shallwetalk.hk](http://shallwetalk.hk)



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精神健康諮詢委員會  
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