

# Driven To Distraction (Revised): Recognizing And Coping With Attention Deficit Disorder

Attention deficit disorder (ADD) is a neurodevelopmental condition characterized by difficulty paying attention, impulsivity, and difficulty controlling one's behavior. It is estimated that ADD affects 5-10% of children and 4% of adults.

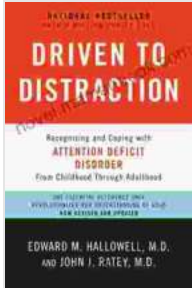
## Symptoms of ADD

The symptoms of ADD can vary from person to person. Some of the most common symptoms include:

- Difficulty paying attention
- Difficulty staying on task
- Impulsivity
- Difficulty controlling one's behavior
- Disorganization
- Forgetfulness
- Restlessness
- Fidgeting
- Talking excessively
- Interrupting others

## Causes of ADD

The exact cause of ADD is not known. However, research suggests that it is caused by a combination of genetic and environmental factors. Some of the risk factors for ADD include:



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★★★★☆ 4.7 out of 5

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- Having a family history of ADD
- Being born prematurely
- Having a low birth weight
- Being exposed to lead or other toxins
- Having a brain injury

## Diagnosis of ADD

ADD is diagnosed by a mental health professional, such as a psychiatrist, psychologist, or licensed clinical social worker. The diagnosis is based on a clinical interview and a physical examination. The mental health professional will also ask about the person's symptoms, family history, and other factors.

## **Treatment for ADD**

There is no cure for ADD, but there are treatments that can help manage the symptoms. Some of the most common treatments include:

- Medication
- Therapy
- Education
- Support groups

### **Medication**

Medication can be used to help improve attention and control impulsivity. The most common medications used to treat ADD are stimulants, such as methylphenidate (Ritalin) and amphetamine/dextroamphetamine (Adderall). These medications work by increasing the levels of dopamine and norepinephrine in the brain.

### **Therapy**

Therapy can help people with ADD learn how to manage their symptoms. Some of the most common types of therapy used to treat ADD include:

- Cognitive-behavioral therapy (CBT)
- Behavioral therapy
- Psychodynamic therapy
- Family therapy

### **Education**

Education can help people with ADD learn about their condition and how to manage it. Some of the most common topics covered in education include:

- The symptoms of ADD
- The causes of ADD
- The treatment options for ADD
- How to cope with ADD

## **Support groups**

Support groups can provide people with ADD with a sense of community and support. Support groups can also provide information and resources about ADD.

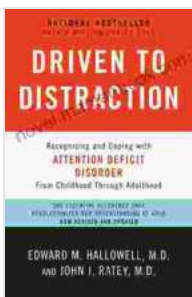
## **Coping with ADD**

Coping with ADD can be challenging, but it is possible. Here are some tips for coping with ADD:

- **Get regular exercise.** Exercise can help to improve attention and focus.
- **Eat a healthy diet.** Eating a healthy diet can help to improve overall health and well-being.
- **Get enough sleep.** Getting enough sleep can help to improve attention and focus.
- **Avoid caffeine and alcohol.** Caffeine and alcohol can worsen ADD symptoms.

- **Use coping mechanisms.** There are a number of coping mechanisms that can help people with ADD manage their symptoms. Some of the most common coping mechanisms include:
  - Breaking down tasks into smaller steps
  - Setting realistic goals
  - Using a timer
  - Taking breaks
  - Asking for help

ADD is a neurodevelopmental condition that can affect attention, impulsivity, and behavior. There is no cure for ADD, but there are treatments that can help manage the symptoms. With proper treatment and support, people with ADD can live full and productive lives.



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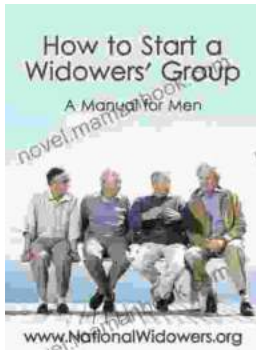
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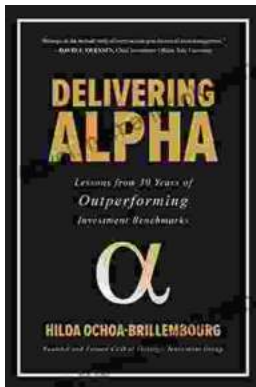
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