

The TikTok Famous ADHD Guide



Online Resources:
adhdinadults.com
CHADD.org
add.org
adhdmarriage.com



The Nature of the Disorder:

Attention-Deficit/Hyperactivity Disorder is characterized by an ongoing pattern of inattention and/or hyperactivity-impulsivity which creates difficulty across all areas and seasons of life.

Associated Symptoms:

Attention-Deficit/Hyperactivity Disorder may be associated with multiple executive functioning deficits. They may present as deficits in, "working memory," "reduced inhibitions," "set-shifting," "variability of reactions times," and having emotional reactions that are not proportional to the situation.

Cultural Concerns with Diagnosing:

- Different diagnostic tools and methods obfuscate prevalence of ADHD
- Racism and ethnocentrism play a role in under-diagnosing socially oppressed groups
- Children from non-Latinx White families may receive greater access to diagnosis due to social, systemic, and economic privilege.

Assessments:

For Adults:

- Conners' Adult ADHD Rating Scale
 - Self-Report and Observer forms
- Brown Attention-Deficit Disorder Symptom Assessment Scale (BADDS) for Adults
 - can be used as a self report or part of a clinical interview
- Adult ADHD Self-Report Scale (ASRS) v1.1
 - initial symptoms assessment
- ADHD Rating Scale IV (ADHD-RS-IV) With Adult Prompts
 - Frequency and severity of symptoms

Children, Parents, and Teachers:

- Vanderbilt ADHD Teacher/Parent Rating Scale
 - looks at social functioning and school performance
- Conners' Parent/Teacher Rating Scale
 - Short and Long forms
- Child Behavior Checklist
 - ages 6-18
 - identifies problem behaviors
- Behavior Assessment System for Child
 - 2.5-18 years old
 - looks at self-perception and evaluates behaviors

By Calyce OConnor, Chais DiMaggio,
& Stephanie Sylvia Costello

Treatment Planning

- CBT: Calendar, Task List, Problem Solving, Distractibility, Environmental Strategies, Adaptive Thinking
- DBT: Distress Tolerance, Mindfulness, Emotional Regulation and Interpersonal Effectiveness
- MED MANAGEMENT: If a client prefers

Self-of-the-Therapist

- Racial Bias, Socioeconomical, Ethnic, Age Bias
- Considering the angle of struggling with feeling overwhelmed with heightened energy from the client or struggling with following the clients train of thought.

A Disorder Defined by Oftens:

How parents, teachers, and clinicians define "often" impacts the client.

- | | |
|--|----------------------------|
| Often fails at being attentive to details | Often forgetful |
| Often makes careless mistakes | Often fidgets |
| Often struggles to sustain attention | Often leaves seat |
| Often doesn't appear to be listening | Often runs about |
| Often doesn't follow through on things | Often doesn't play quietly |
| Often avoids tasks requiring mental effort | Often "on the go" |
| Often loses important things | Often Interrupts |
| Often distracted | Often blurts out |
| Often talks more than appropriate | Often difficulty waiting |

Honorable Mentions of ADHD Researchers



Stephen Faraone, Ph.D.



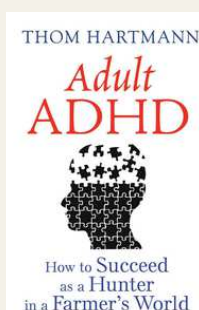
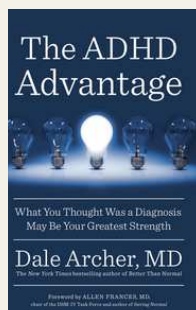
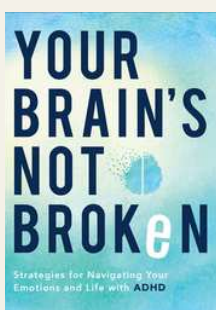
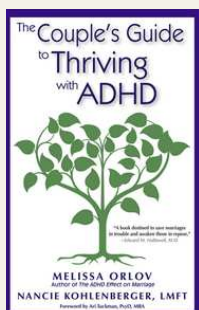
Barbara Franke Ph.D.



Jan Buitelaar, Ph.D.



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P.S.I.N.C. DSM Criteria Reminder

Persistent pattern of at least 6 months

Symptoms present before age 12

In 2 or more settings

Noticibly interferences with functioning

Can't be explained by other mental disorders.