



Attention Deficit Hyperactivity



Disorder

Children who suffer from ADHD tend to have hyperactivity, impulsivity and or inattention problems. For example, they might have trouble focusing on a task, could not pay attention in class and unable to attend to details. Those symptoms will affect the normal function of social life and academic performance. The presenting symptoms should occur over a longer period of time and happen in different kind of contexts to be diagnosed as ADHD.

Boys, girls and adult can be diagnosed with ADHD.

Symptoms of ADHD:

- Often does not give close attention to details or makes careless mistakes in schoolwork, work, or other activities.
- Often does not seem to listen when spoken to directly.
- Often gets up from seat when remaining in seat is expected.
- Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time (such as schoolwork or homework).
- Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
- Often blurts out answers before questions have been finished.
- Often has trouble waiting one's turn.

Parents and teachers should understand the importance of helping an ADHD child through proper treatment before they get worse in adulthood. Research showed that adult with ADHD are at a higher risk of having depression, chronic pain, insomnia, and or chronic fatigue syndrome compared to those who not.

Tips for teachers and parents:

- Give instruction to an ADHD kid one at a time instead of giving multiple requests; so that the child could focus and learn to be more productive.
- Do not judge your child. Don't have expectations that just because your child is a certain chronological age, he should be able to do things that other kids who are that same age can do.
- Become educated about ADHD. Attend professional talks, read articles (eg: <http://malaysiapsychology.wordpress.com/>) and consult a professional psychologist.

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