

Living Well Tip of the Week

Attention Deficit Hyperactivity Disorder: ADHD in Adults

Adults with ADHD may have difficulty following directions, remembering information, concentrating, organizing tasks or completing work within time limits. If these difficulties are not managed appropriately, they can cause associated behavioral, emotional, social, vocational and academic problems.

- ADHD afflicts approximately 3% to 5% of school-age children and an estimated 60% of those will maintain the disorder into adulthood.
- Prevalence rates for ADHD in adults are not as well determined as rates for children, but fall in the 1% to 5% range.
- ADHD affects males at higher rate than females in childhood, but this ratio seems to even out by adulthood.

Did You Know? These behaviors may be mild to severe and can vary with the situation or be present all of the time. Some adults with ADHD may be able to concentrate if they are interested in or excited about what they are doing. Others may have difficulty focusing under any circumstances. Some adults look for stimulation, but others avoid it. In addition, adults with ADHD can be withdrawn and antisocial, or they can be overly social and unable to be alone.

Living Well Health Manager, UT System provides a wealth of resources dedicated to your better health. Access our private portal at www.webmdhealth.com/ut and learn more about Common Behaviors and Problems of Adult ADHD. Also, Get professional assistance to help you resolve problems that affect your personal life or job performance with the Personal Health Manager or the Employee Assistance Program. Find out at <http://www.livingwell.utsystem.edu/eap.htm>.

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