

Common symptoms of Adult ADHD²

- ▶ Difficulty in relationships
- ▶ Difficulty starting complex tasks & completing tasks
- ▶ Increased incidence of automobile accidents / traffic violations
- ▶ Lack of organization
- ▶ Underachievement in career and academics (i.e., careless errors, concentration problems)

Adults with ADHD, when compared to an individual without ADHD, have higher rates of other illnesses such as⁴:

- ▶ Anxiety
- ▶ Depression
- ▶ Substance use disorders

While ADHD cannot be cured, medication & behaviour modification can help manage the symptoms associated with ADHD.²

References:

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4. Kessler R, Adler, L, Barkley, R, Biederman, J et al., *The prevalence and correlates of adult ADHD in the United States: results from the National Comorbidity Survey Replication*. *Am J Psychiatry* 163:716-723 2006.
5. Faraone, SV, Biederman, J, Mick, E, Williamson, S et al., *Family Study of Girls with Attention Deficit Hyperactivity Disorder*. *Am J Psychiatry* 2000 157:1077-1083
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7. Biederman J, Faraone SV, Keenan K, Benjamin J, Krifcher B, Moore C, Sprich-Buckminster S, Ugaglia K, Jellinek MS, Steingard R, et al. *Further evidence for family-genetic risk factors in attention deficit hyperactivity disorder. Patterns of comorbidity in probands and relatives psychiatrically and pediatrically referred samples*. *Arch Gen Psychiatry*. 1992 Sep;49(9):728-38.
8. ASRS v1.1 Screener, <http://www.hcp.med.harvard.edu/ncs/ftpdir/adhd/6/Question-ADHD-ASRS-v1-1.pdf>, accessed June, 2008]

Like Parent,



like child?



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If your child has been diagnosed with ADHD, you may have it too.²

Did you know...

- ▶ that ADHD can cause hyperactivity, impulsivity and difficulties paying attention¹
- ▶ 4 -12% of children have ADHD³
- ▶ it is estimated 4.4% of adults in the US have ADHD.⁴
- ▶ ADHD is a highly heritable disorder.¹ 15 - 20% of parents of children with ADHD have ADHD themselves.^{5,6}
- ▶ ADHD can be diagnosed reliably⁷ and symptoms of ADHD may respond with medication.²

Please answer the questions below, rating yourself on each of the criteria shown.

As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months.

	Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project once the challenging parts have been done?					
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?					
3. How often do you have problems remembering appointments or obligations?					
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?					

Adult ADHD Self-Report Scale v1.1 Screener from the WHO⁸

Scoring:

If 4 or more marks appear in the shaded boxes, you should consider further assessment.