



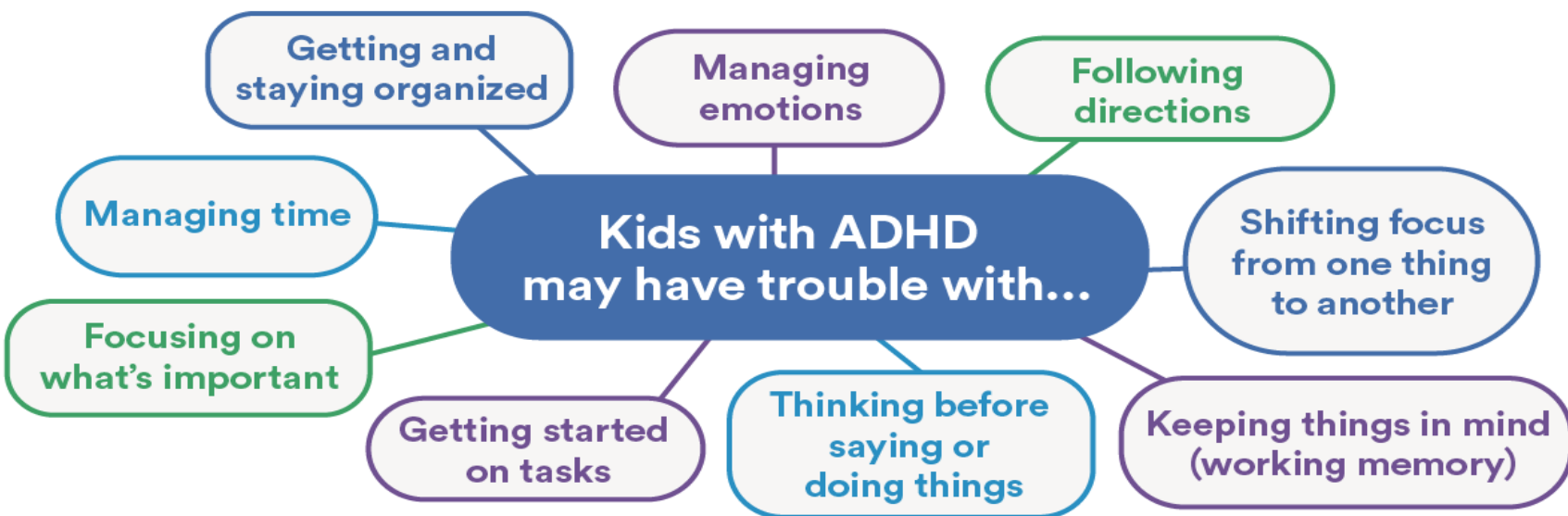
# ADHD Fact Sheet

## ADHD is...

- ✓ **An abbreviation** for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ **A common disorder** that can impact focus, impulse control and emotional responses.
- ✓ **Often diagnosed in childhood** but sometimes not until the teen years or later.

## ADHD is *not*...

- ✗ **All about hyperactivity.** Kids with the inattentive type of ADHD may appear “daydreamy” or off in their own world.
- ✗ **A problem of laziness.** ADHD is caused by differences in brain anatomy and wiring.
- ✗ **Something most kids totally outgrow.** Many kids diagnosed with ADHD have symptoms that persist into adulthood.



## Ways to help kids with ADHD



**Behavior therapy** can help kids get organized and replace negative behaviors with positive ones.



**ADHD medication** can reduce ADHD symptoms, but only when the medication is active in the body.



**Classroom accommodations**, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

## Success stories



**Will.i.am**, Grammy-winning singer and producer



**Lisa Ling**, Award-winning TV journalist

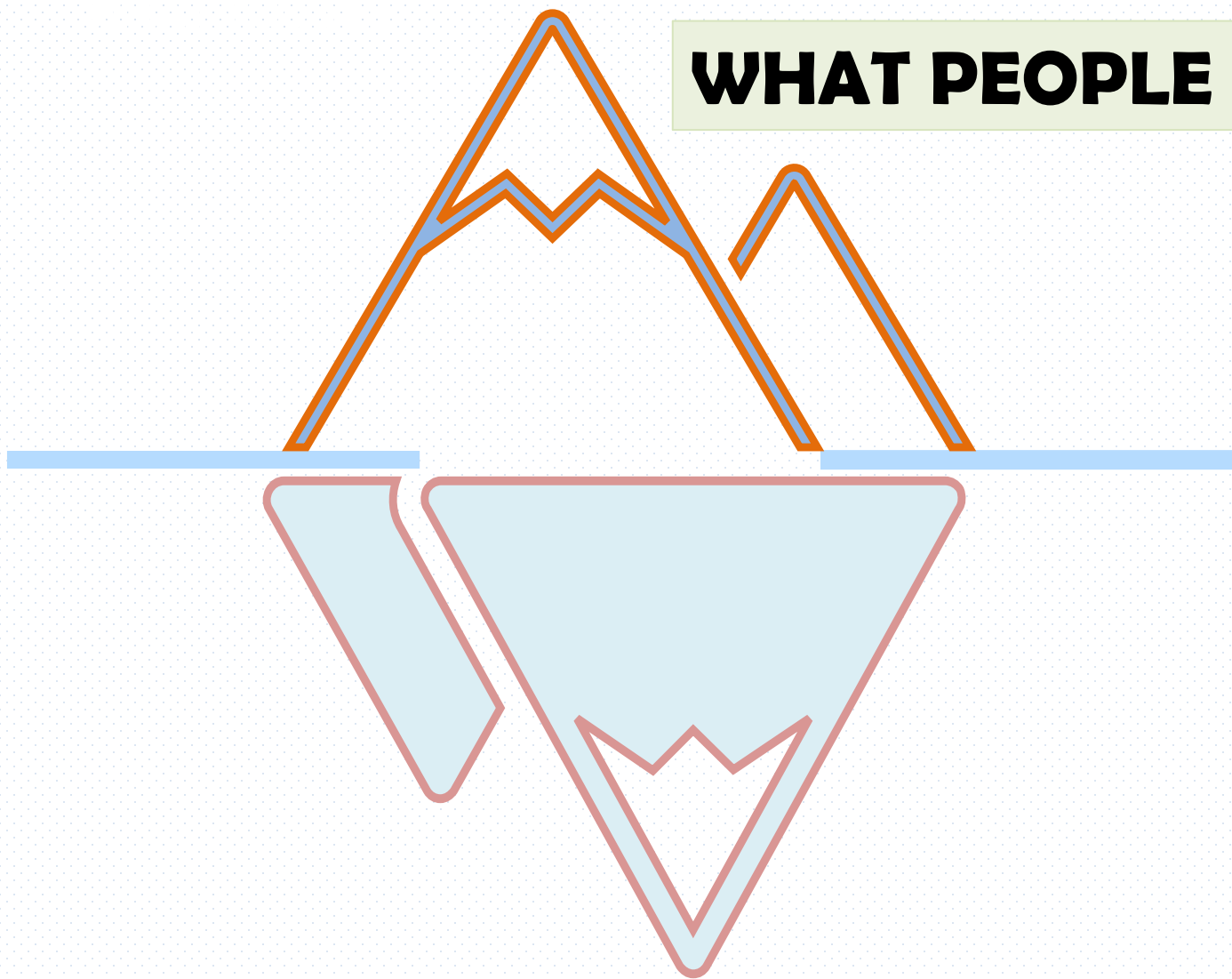


**David Neeleman**, Founder of JetBlue Airways



# THE ADHD ICEBERG

The iceberg theory is a lens that can help with understanding how complex ADHD is. The “tip of the iceberg” is a representation of the ADHD symptoms (behaviors) that OTHERS can see. This may include watching someone act on an impulse, not paying attention when they are expected to, or seeing them “act out” in ways that are not appropriate. What is NOT SEEN by others is the piece of the iceberg that is hidden underneath the water (beneath the surface). These could include emotional, social, etc. that could be the cause of the behaviors seen.



**WHAT PEOPLE DON'T SEE**

[www.ipctesting.org](http://www.ipctesting.org)

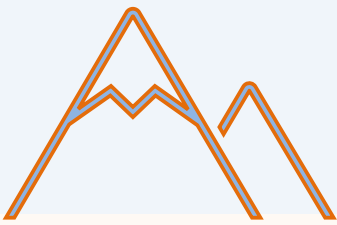
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## TIP OF THE ICEBERG

### COMMON VISIBLE SYMPTOMS OF HYPERACTIVITY AND IMPULSIVENESS

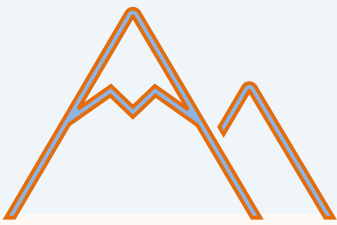
- being unable to sit still (stay seated)
- In constant motion
- saying things without thinking
- doing things without thinking
- interrupting conversations
- little or no sense of danger
- fidget with or tap hands or feet
- squirm in the seat
- Run around/climb when it's not appropriate
- Have trouble playing or doing an activity quietly
- Talk too much
- Blurt out answers
- Have difficulty waiting for his or her turn
- Interrupt others' conversations or activities



## TIP OF THE ICEBERG

# COMMON VISIBLE SYMPTOMS OF ATTENTION PROBLEMS

- short attention span
- easily distracted
- making careless mistakes
- forgetful
- unable to stick to tasks that are uninteresting
- unable to listen to or carry out instructions
- constantly changing activity or task
- difficulty organizing tasks
- fail to pay close attention
- trouble staying focused in tasks or play
- appear not to listen, even when spoken to directly
- fail to finish schoolwork or chores
- avoid or dislike tasks that require focus (homework)
- lose items needed for tasks (pencils, school bags)
- forget to do some daily activities, such as chores



## TIP OF THE ICEBERG

# COMMON INVISIBLE SYMPTOMS OF ADHD

- Racing thought
- BIG emotions
- Intrusive thoughts
- Sensitivity to light
- Sensitivity to sounds
- Sensitivity to touch
- Rejection sensitivity
- Sensitivity to criticism
- Social anxiety
- Low confidence
- Nervousness
- Self-defeating thoughts
- Not aware of time
- Hyperfocus
- Emotional overwhelm
- Sleep issues
- Relationship challenges
- Poor memory
- Hygiene problems
- Poor time management
- Difficulty making choices
- Fatigue
- Gilt
- Shame
- Low self-esteem

# THE ADHD ICEBERG

Iceberg example 😊

## WHAT PEOPLE SEE

Interrupting

Easily Distracted

Being Late

Problems Focusing

Interrupting

Difficulty Switching Tasks

Low Confidence

Hyperfocusing

Learning Difficulties

Depression / Anxiety

Difficulty with memory

Low Self-Esteem

Worries

Sleep Problems

Sensory Sensitivities

Impulsive

## WHAT PEOPLE DON'T SEE

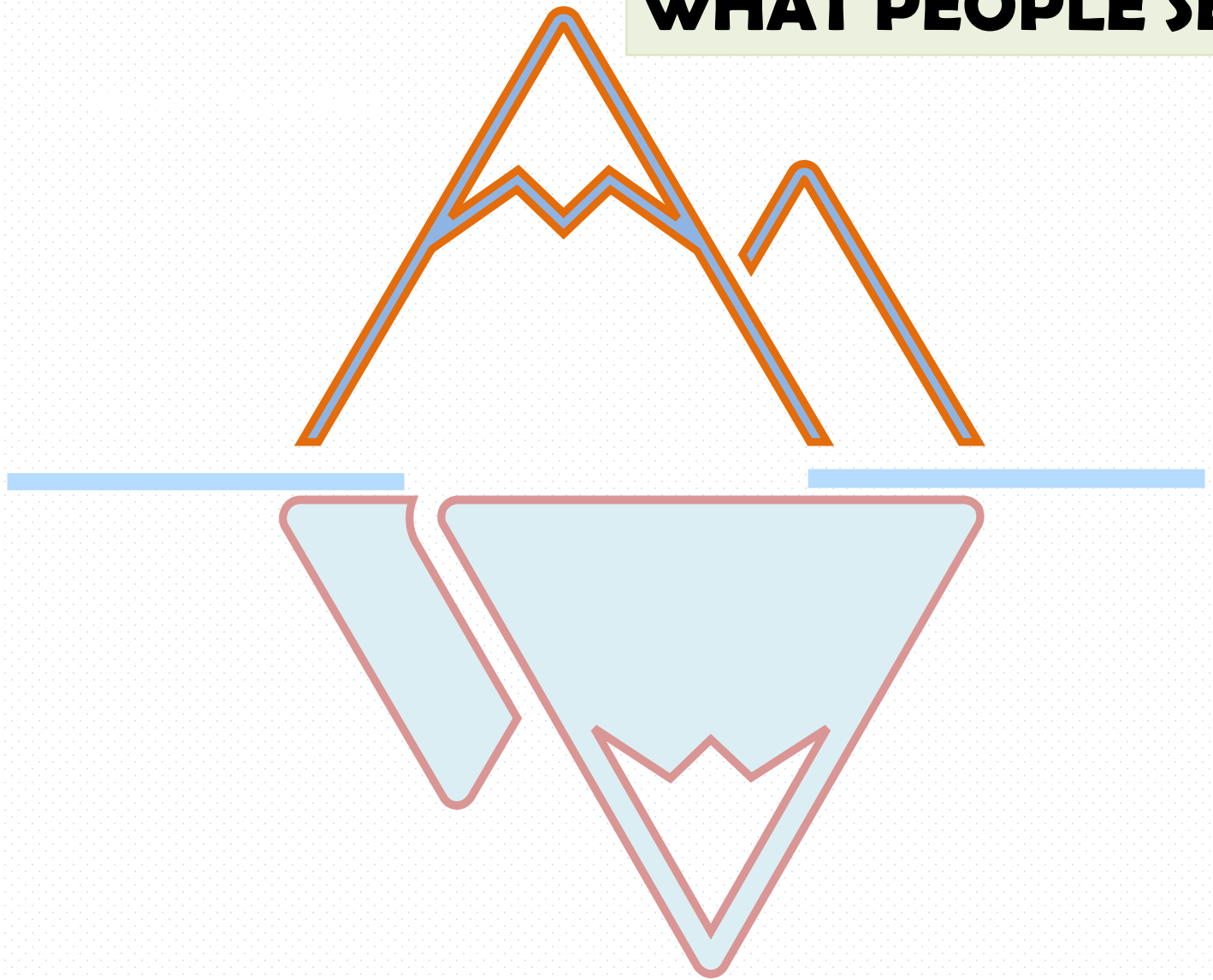
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# THE ADHD ICEBERG

Fill in your own iceberg 😊

**WHAT PEOPLE SEE**



**WHAT PEOPLE DON'T SEE**

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