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The Clinical Studies and Findings of ADHD 2Abstract: ADHD, otherwise known as Attention Deficit Hyperactivity Disorder, is a very common medical condition in the United States. Typically, ADHD is caught in the early stages of childhood, most commonly noticed during critical periods of development as a child. ADHD may be caught early on, however can continue into adult years, and may very well be with an individual their whole life.

This paper will discuss not only what Attention Deficit Hyperactivity Disorder is, but also the treatment for this condition, signs and indicators, and research of this ailment from previous findings. Keywords : ADHD- Attention Deficit Hyperactivity Disorder, treatment, research, development. The Clinical Studies and Findings of ADHD 3Attention Deficit Hyperactivity Disorder, or ADHD for short, can be defined as “ a chronic condition marked by persistent inattention, hyperactivity, and sometimes impulsivity”. ADHD begins in childhood and often lasts into adulthood.

As many as 2 out of every 3 children with ADHD continue to have symptoms as adults.” (Webster’s Medical Dictionary). Risk Factors of this condition include but are not limited to: low birth weight, prenatal and perinatal obstetric complications, and intrauterine toxins such as nicotine or alcohol. ADHD can affect individuals of all ages, from young age, to old age. It does not affect only one person, or even focused in one main area. ADHD may be found anywhere we look. A recent study conducted by the ADHD institute states “ Although there is no global consensus, meta-regression analyses have estimated the worldwide ADHD/HKD prevalence at between 5.

29% and 7.1% in children and adolescents, and at 3.4% (range 1.2-7.3%) in adults. The prevalence of ADHD in very young children (aged <6 years) or later in adult life (aged > 44 years) is less well studied.

” Prevalence rates from this same institution provide us with information on just how certain factors are associated with the disorder. The Clinical Studies and Findings of ADHD 4 ADHD is actually more common in the United States than doctors may have believed in years past. Studies have shown that “ the number of American children 4-17 who’ve been diagnosed with ADHD increased 42% between 2003 and 2011.” (WebMD) This is an increasingly large number, and the fact of the matter is this percentage only increases in time.

With that being said, many people question why it is now more than ever that ADHD is being studied and discussed, and why it is so prevalent in countries all over the world. It all comes down to one fact: ADHD is not a common cold, nor is it a life threatening disease. Attention Deficit Hyperactivity Disorder is a condition that has been around for centuries, but was never given the proper time and dedication to be fully looked into. These days, medical professionals are constantly looking to break new ground on the disorder, seeing as how it is becoming increasingly widespread. Each year, many new cases are presented. “ Approximately 11% of children 4-17 years of age (6.4 million) have ever been diagnosed with ADHD, according to parent report from 2011-12. Approximately 237,000 children aged 2 to 5 years in the United States had an ADHD diagnosis, according to parent report from 2011-12.

" (CDC. gov Centers for Disease Control and Prevention) Individuals with Attention Deficit Hyperactivity Disorder may find themselves with multiple signs and symptoms, seeing as how they are not just symptoms, but actual defining characteristics of oneself. Behavioral symptoms include aggression, excitability, fidgeting, hyperactivity, impulsivity, irritability, lack of restraint, or persistent repetition of words or actions.

The Clinical Studies and Findings of ADHD 5 Cognitive signs or indicators may include, absent mindedness, difficulty focusing, forgetfulness, and even short attention span. Currently, there have not been many laboratory exams given to patients and individuals with ADHD. The only tests conducted are really those in which medical professionals diagnose one with disorder itself. For example, the diagnosis of ADHD is strictly based on clinical evaluation.

Some Laboratory studies that may be conducted on an individual with ADHD include, Serum CBC count, electrolyte levels, liver function tests, and thyroid function tests. (Web MD). An important key factor in dealing with ADHD is understanding that it is not a medical condition or disease that can just be "cured", per say. ADHD is more of a personality disorder than anything, which causes individuals to struggle with development, and life in general, however it should not stop one from living life properly. Multiple treatment options have been proposed for those with Attention Deficit Hyperactivity Disorder. Finding the appropriate treatment option for those with ADHD is crucial in the management of this condition. Treatment can stretch anywhere from medication, to behavioral/cognitive therapies, in which one might find his/herself growing in the right direction, rather than

allowing ADHD to take control of their lives. Pharmacological treatments for ADHD include stimulants like methylphenidate and amphetamines, or non-stimulants such as atomoxetine, clonidine and guanfacine.

The Clinical Studies and Findings of ADHD 6 Antidepressants may even be an option at times. Non-pharmacological methods of treatment include behavioral therapy, which can include interventions through family and friends, and also neurofeedback, which displays imaging and studies or findings of brain activity, which helps one with self-regulation of brain function, therefore spreading to everyday actions and activity levels and habits. (Psychology Today) ADHD is a condition that may last with an individual up to a lifetime. It is actually more common for an ailment such as this one to be with one forever, seeing as how it is not a condition that can just be "cured". ADHD is characterized as a long-term, chronic disorder. Being that it is classified as long-term, many children, about half to be precise, continue to experience the problematic symptoms of impulsivity and hyperactivity into adulthood. Untreated, ADHD can negatively affect a child's development in many ways.

For example, symptoms can tamper with one's sense of self esteem, as well as interfere with social interaction, causing children to have difficulty with others, which can cause a chain reaction stemming into the future and adulthood, etc. It is noted that about 70-80% of ADHD subjects who are treated with stimulant medications experience relief from symptoms while on said medication (healthyplace.com). About half of children with ADHD are likely to "outgrow" the condition and symptoms with age, whereas the other

half are more likely to retain the symptoms throughout early and middle adulthood. The Clinical Studies and Findings of ADHD 7 In conclusion, ADHD is a very common condition.

With all this information on the condition, it is fair to say that ADHD can be at times, difficult to deal with. It includes many factors and parts to take into consideration when dealing with directly. Someone with such energy and said inability to maintain focus can be at times hard to deal with, however imagine being in the shoes of someone with ADHD.

I personally have Attention Deficit Hyperactivity Disorder. Diagnosed at 6 years old, I had not even the slightest clue that I was different than others. I've always struggled with hyperactivity. To this day, I need to constantly remind myself to calm down and take things slowly. Dealing with ADHD can be hard, similarly to learning and studying it.

Everyday, medical professionals look deeper into the disorder, with the intentions of learning even more about it to present to the world. Something that people need to remember is that conditions are not plagues, they are simply additional traits to which a person may hold, and there is nothing wrong with that, it just adds to the beauty in which an individual radiates. The Clinical Studies and Findings of ADHD 8 References ADHD Epidemiology. (n. d.).

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The Clinical Studies and Findings of ADHD

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