

Title Attention deficit hyperactivity disorder ADHD

adolescents

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Question research *Attention deficit hyperactivity disorder (ADHD) in children and Adolescents.*

Abstract

According to (Steer, 2010) Hyperactive/attentional deficit syndrome The neurodevelopmental disorder ADHD, which is characterized by impulsivity, hyperactivity, and inattention, is one of the most prevalent in children. (Carroccia, 2019). The standards defining the ADHD diagnostic criteria have been created and updated by the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD). (Tobolowsky, 2000) This study evaluated and contrasted the diagnostic criteria for ADHD provided by the ICD and DSM. Since children are typically highly spirited and active, it can be challenging to determine if their level of activity should be seen as normal or as a sign of an ADHD symptom. As a result, even when ADHD symptoms are clearly visible, a proper diagnosis must be made. For this reason, diagnostic techniques for ADHD assessment were also covered in the research.(W Paul Vogt, 2011)

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Introduction

This research will look into Attention deficit hyperactivity disorder (ADHD) Symptoms in childhood and adulthood. Furthermore one will discuss the symptoms, treatment, and how to cope with an individual who suffers from ADHD. One will also describe what factors healthcare professionals consider when making a care plan for the service users and also involving the families in the care plan. One will use different subjects related to the research question. Furthermore, quantitative research will be used to conclude the finding of the research question. One will use different academic e-books, journals, and academic websites to gather information in relation to the research question.

1.1 introduction to attention deficit hyperactivity disorder ADHD

According to (Selikowitz, 2006) The most prevalent neurodevelopmental illness in children is attention deficit hyperactivity disorder (ADHD). It frequently persists into maturity and is typically first diagnosed in infancy. Children with ADHD may struggle to focus, manage impulsive behaviors (doing without considering the consequences), or be extremely active. (Saul, 2014) cite the various symptoms, including impulsivity, disorganization, difficulties setting priorities, poor time management skills, difficulties concentrating, difficulty multitasking, excessive activity or restlessness, poor planning, and a low threshold for frustration. The signs of ADHD are typically identified at a young age and may worsen as a child's environment changes, such as when they start school. (Matthys, et, al 2018)

1.2 Attention, deficit hyperactivity disorder ADHD

I have come across a lot of families in my community with children who suffer from ADHD attention, deficit hyperactivity disorder ADHD, I feel to understand ADHD will enable me to help them by giving support and advice. According to (Powell, 2015) It can be difficult to provide for a child who suffers from attention deficit hyperactivity disorder (ADHD). Daily tasks might become tedious and unpleasant due to the impulsive, reckless, and chaotic behaviors that are typical with ADHD.

2. Literature review

(Wender and Tomb, 2017) One of the most prevalent psychiatric conditions, attention-deficit hyperactivity disorder (ADHD) affects 6-9% of children globally. ADHD, which was often thought to solely affect children, has been well-documented to last into adolescence and adulthood in about half of childhood instances.(Parker, 2013). According to recent data, 4.4% of adults in the United States have ADHD, which includes about 8 million adults nationwide. Only 10 to 25 percent of adults with ADHD have a proper diagnosis, despite the fact that awareness of the disorder in adults has increased recently.(Nadeau, 2015). Additionally, each of these elements emphasizes the significance of correctly diagnosing ADHD in children, adolescents, and adults. Teenagers with ADHD may come off as more immature than their peers, and they frequently have issues with their parents and teachers. Increasing academic demands cause them to perform poorly in school because they struggle to finish their classwork and homework. Teenagers with ADHD also frequently participate in more risky activities than do teens without ADHD, which increases their risk of substance abuse, academic and occupational impairments, unintended pregnancies, and STDs. About 60% of people who develop ADHD do so into adulthood. (National Collaborating Centre For Mental Health, 2009)

Furthermore (Sadek, 2013) points out that In most cases, it's believed that the genes you inherit from your parents play a significant role in developing the condition because ADHD tends to run in families. According to research, those with ADHD are more likely to have parents or siblings who also have the disorder. A neurodevelopmental disorder called ADHD can have an impact on family life. The term "neurodevelopmental" describes the way that the nervous system, which includes the brain, develops over the course of a person's lifetime.. (Saline, 2018) Although challenging conduct may appear earlier, ADHD behavior often manifests by the age of seven. Children with ADHD may struggle with impulsivity, hyperactivity, distraction, following directions, and task completion. However, ADHD is curable.

2.1 What are the symptoms of attention-deficit hyperactivity ADHD?

(Doyle, 2006) pointed out that symptoms of attention deficit/hyperactivity disorder usually last into adulthood in roughly 50% of instances when they first appear in childhood. Adults with ADHD may struggle to concentrate on or organize tasks, follow instructions, or remember information. The symptoms of inattention, hyperactivity, and impulsivity spread among those with attention deficit hyperactivity disorder (ADHD) if these behaviors are not properly acknowledged and managed. According to (Powell, 2015) ADHD can cause social, emotional, intellectual, occupational, and behavioral issues that lower the quality of life. Between the ages of four and seventeen, around 11% of kids have ADHD. The onset of ADHD symptoms normally occurs between the ages of three and six. Seven years old is the typical diagnosis age for ADHD. Young boys are three times more likely than girls to experience it as children. According to (Ruffolo, 2021) ADHD affects adults as well as children. Over 18-year-old Americans who have ADHD make up about 4% of the population. Males and females are diagnosed with it equally in adulthood. In contrast to other developmental brain illnesses like autism, where the volume of brain structures peaks at a much younger age than normal, they also pointed out that the delayed pattern of maturation seen in ADHD is the opposite of that seen in these other disorders. (Laake and Compart, 2013) The data back up the idea that ADHD is caused by a delay in cortical maturation. According to the study's principal investigator, Dr. Philip Shaw, a child psychiatrist at the National Institute of Mental Health, "in children with ADHD, the brain matures in a normal pattern but is delayed by three years in some regions, when compared to children without the disease." (Rief, 2015) Attention-deficit/hyperactivity disorder ADHD is a serious mental condition that is linked to significant impairment and a high rate of co-occurring disorders. (Brown, 2013) Adults with untreated ADHD are at risk for catastrophic outcomes. Consequently, a reliable diagnosis is crucial. The diagnosis of ADHD in adults is challenging since symptoms may coexist with concomitant diseases and a retrospective reconstruction of the disorder's genesis and development is required. Additional informant ratings are encouraged by guidelines for the diagnostic process. The relationship between self- and informant assessments has been studied, but the findings are incredibly inconsistent (W Paul Vogt, 2011).

Furthermore, (Hallowell and Ratey, 2022) .note that there are minimal to high degrees of agreement. The agreement and discrepancies between self and informant assessments of ADHD symptoms and deficits are the main focus of this investigation. Gender and the type of connection are two potential influencing elements in this regard that are also looked at. This study involved 114 participants, 77 of whom had ADHD diagnoses and 37 of whom did not. All participants parents or partners were asked to score their children's ADHD symptoms and limitations. (W Paul Vogt, 2011) There was only little to moderate agreement between self- and informant assessments, with females slightly more in agreement than males, notably for ratings of self-concept difficulties. When a perspective's consistency was examined, it became clear that people with ADHD didn't seem to understand the link between their deficiencies and ADHD symptoms. A thorough analysis revealed that gender and the type of relationship had essentially no impact on viewpoint differences. (Tobolowsky, 2000)

2.2 Treatment for Patients with ADHD

(Tobolowsky, 2000) points out that treatment for attention deficit hyperactivity disorder (ADHD) can aid with symptom relief and reduce the severity of the condition's impact on daily living. A combination of therapy and medication is frequently the most effective treatment for ADHD. A specialist, like a pediatrician or a psychiatrist, usually plans the course of treatment, however, a general practitioner may keep track of the disease.(W Paul Vogt, 2011)

For the treatment of ADHD, there are 5 different categories of approved medications: Atomoxetine, guanfacine, lisdexamfetamine, dexamfetamine, and methylphenidate While not a cure for ADHD, these medications may improve concentration, reduce impulsivity, promote calmness, and aid in the acquisition of new skills. (Steer, 2010) Some medications must be taken daily, while others are only necessary on school days. Periodic pauses from the regimen are advised to determine whether the medication is still required. If you weren't given an ADHD diagnosis until you were an adult, the doctor and a specialist can talk about the treatments and medications that are best for you. (ADHD UK, n.d.) If one of these medications is prescribed for the patient or a child, it's

likely that the dosage will be started out low and then progressively increased. To make sure the therapy is effective and look for any early warning signs of any side effects or difficulties, you or your kid will need to visit a doctor for routine checkups. It's crucial to discuss any adverse effects with the doctor and inform them if the patient believes the child needs to stop or modify their medication. the doctor will go over how long you should receive treatment, but in many circumstances, it is given as long as it is effective.

2.3 Factors health care and professionals consider when making decisions about service users

(Ghozlane Fleury-Bahi et al., 2017) explain that the majority of instances are discovered in youngsters between the ages of 3 and 7, however occasionally it takes longer. Sometimes adults who were not diagnosed with ADHD as children are given the diagnosis. Although many adults who were diagnosed with ADHD when they were young continue to have issues, the symptoms of the disorder typically become better as people mature. Anxiety and sleep disturbances are two additional issues that people with ADHD may experience. ADHD impulsivity and hyperactivity. According to (Ryan and Mcdougall, 2009) the child's life in school can also be made a little bit simpler with the help of a plan developed by a psychologist. A psychologist will most likely employ behavioral therapy as a kind of treatment. The objective is to assist your youngster in making certain behavioral changes. (Steer, 2010) GPs, child and adolescent psychiatrists, pediatricians, educational and clinical psychologists, speech and language therapists, occupational therapists, nurses, and health visitors are among the professionals who treat ADHD. (Yarney and Martin, 2013) ADHD has several causes, not just one. It is thought to be the outcome of an often intricate interaction between genetic and environmental factors, with hereditary factors accounting for 70%–80% of the probability. Children under the age of 16 must exhibit six symptoms of inattention, while adults and adolescents aged 17 and older must exhibit five or more. The symptoms must also be out of proportion to the child's developmental stage and have been present for at least six months. (Wender and Tomb, 2017) Frequently pays insufficient attention to details or commits thoughtless errors when performing homework, working, or engaging in other activities. Frequently struggles

to focus on tasks or play activities. Frequently appears unable to hear when directly addressed. Frequently ignores directions and does not complete tasks, chores, or work-related responsibilities (e.g., loses focus, side-tracked).(Powell, 2015) Has a lot of problems planning activities and tasks. frequently avoids, hates, or shows reluctance to perform tasks that call for sustained mental effort (such as schoolwork or homework). Loses stuff frequently, such as school supplies, pencils, books, tools, wallets, keys, paperwork, eyeglasses, and mobile phones. frequently gets distracted and Frequently makes mistakes in daily tasks. (ADHD UK, n.d.)

(Frick, Barry, and Kamphaus, 2010)Major epidemiological research and the most important diagnosis guides estimate that between 3% and 5% of people of school age suffer from ADHD, making it a widespread disorder. Although this rate may not seem alarming, it indicates that almost one child in every twenty has the disease. Three to one is the ratio at which boys are more likely than girls to experience ADHD. Although the causes of this gender gap are unknown, males are presumably more likely to exhibit hyperactive behavior, making it simpler to diagnose individuals who have ADHD. (Anna Maria Re and Agnese Capodieci, 2020) Adolescents with ADHD can exhibit emotional immaturity and frequently prefer socializing with younger kids. Affect is poorly controlled, and they frequently exhibit both excessively positive and negative reactions to the situation, getting upset easily and displaying unexpected outbursts of irritation and rage. (Stanford and Tannock, 2012) Between 2% and 5% of school-aged children in the UK are estimated to have ADHD. Between 3% and 4% of the adult population has ADHD, yet the majority of these people go untreated. The long-term effects of ADHD have been investigated in a variety of areas, including physical development, cognitive abilities, and other mental health issues. (Kato, Alan Robert Teo and Paul, 2021).

2.4 research question one chosen was, Attention deficit hyperactivity disorder (ADHD) in children and adolescents,

one feels it's important to understand the symptoms, treatment, and how the NHS and other professionals can help families and patients who suffer from ADHD. by understanding the Attention deficit hyperactivity disorder (ADHD) one be able to help families in my community and create awareness.

3. Methodology and methods

This research project will use quantitative study methodologies, and the author will also discuss this approach in this research in order to estimate and test hypotheses. The quantitative technique of research will be used, and it will include random sampling, such as a questionnaire. The results will be determined by the size of the sample, and it will also be taken into account while designing clinical trials and solving ranking and selection difficulties. According to (Tobolowsky, 2000) The definition of a case study supplied in this paper by the authors is more thorough and in-depth than what is generally offered. The researchers emphasize that, in contrast to what has been claimed by others, case studies are neither a methodology nor a study design to support their definition. They give a research question prototype of their own to indicate common case study attributes and demonstrate how these characteristics assist its description. After that, they go over a few popular misconceptions about research questions and debunk them using their definition. (W Paul Vogt, 2011)

According to (O'Leary, 2018) to further clarify their definition of research questions, they conclude by examining how the terms research questions and unit of analysis interact. Our daily interactions with friends, family members, and the people we encounter on a routine basis rarely require anything more scientific, ordinary discourse contains many such poorly worded questions and biased assumptions, and the world manages to keep going. However, imagine the consequences of asking questions in these ways when trying to understand more complex and important behaviors and opinions or when attempting to develop public policies that can seriously affect people's lives One hopes.

(Betsy, 2022) The goals of this volume are to give researchers a solid understanding of quantitative research and to give them the resources they need to use these techniques for their own study. The goal of this volume is to make these tools more effective so that researchers can better study the nuances of statistical design and analysis. The complexity of statistical design and analysis can initially seem overwhelming.

Many studies using cross-sectional and longitudinal approaches established a relationship between ADHD and criminal activity in both adolescence and adulthood. (Berger et al., 2015) However, it's crucial to consider how the relationship is

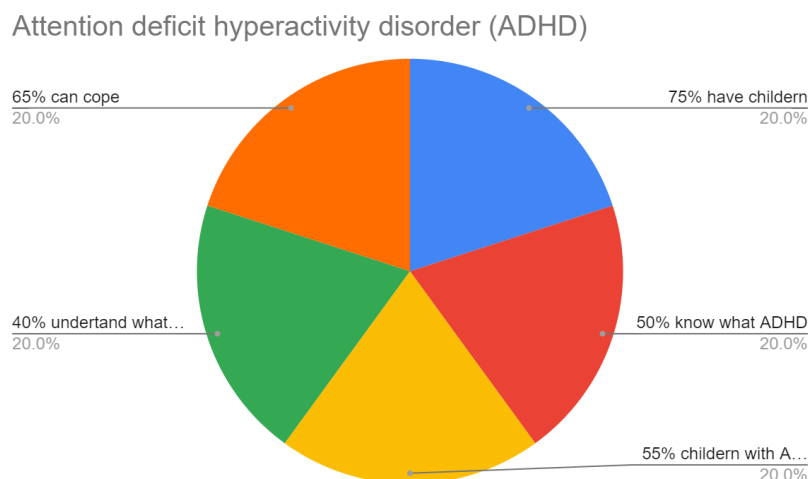
impacted by the disorder, its symptoms, co-morbid conditions like addiction, and social and familial challenges. In the course of several centuries, a few intrepid and committed doctors carefully observed youngsters, which accounts for the extraordinary increase in the scientific awareness of ADHD with we began our brief history; many found an ADHD man, which explains why; (Barkley, 2018)eventually leading to a somewhat accurate knowledge of persons who have ADHD, as it is today diagnosed. These medical professionals and researchers started out with the straightforward idea that mental health issues brought on by excessive stimulation caused children to exhibit abnormal behavior that was inconsistent with their intelligence and upbringing and immoral by community norms. (Powell, 2015)They recognized a neurological foundation for the vulnerability to diverted attention and distraction from the start. (Ryan and Mcdougall, 2009) It was thought that either a brain problem or unidentified constitutional characteristics were to blame for this subtly occurring combination of inattention and aberrant behavior. But before improvements could be made in casting the diagnosis specifically enough for genuine neuroscience to enter the discussion, a new biomedical paradigm, away from an etiological paradigm to a behavioral paradigm, had to be adopted. (Carroccia, 2019).

3.1 research design

One uses a quantitative research strategy to learn about a sample population, which is a particular group of people. The research design is the overarching plan you select to integrate the many study components in a logical and cogent manner, so ensuring you will successfully answer the research topic. It serves as a guide for data collecting, measurement, and analysis. The goal of quantitative research design is to ascertain the proportion of persons who hold a particular belief, behavior, or emotion. Large sample sizes are employed in quantitative projects, which focus on the number of replies rather than the more focused or emotional insight that qualitative research aims to elicit.

3.2 Data collection

One has chosen to design a Questionnaire on families in Birmingham city center who have children who are suffering from attention deficit hyperactivity disorder (ADHD) to determine how the family cope and manages their everyday life. One has decided on Birmingham city and asked 150 families to collect the data. According to the data collected from random families about 75% of families said they have children, 50% said they know what ADHD is, 55% have children who suffer from ADHD, the other 40% understand the symptoms, and 65% said the child cope well in school and 25% said they find it difficult to cope, 35% said that ADHD its heritage, 50% said they get support from school and NHS, 20% said they get support from friends and families, 40% said take medication to help their children manage ADHD.see appendix 1



3.3 participant recruitment and research procedure

This process is about who is going to go around Birmingham city to complete the questionnaire, which will be done paper-based or even through online surveys. This time one will conduct a questionnaire which been done through face-to-face interactions. The sampling method one has used is a questionnaire done in Birmingham city center by asking random families the relevant questions to collect the data see appendix 1. One has recruited 4 family members and friends to help with

taking part in completing the questionnaires. One had to make sure everyone is safe and taking enough breaks during conducting the survey.

The sampling will take place within the Birmingham city center the aim is to ask families with children.

One had planned a date and time out for the research to be completed Completing the designed questionnaire by asking families. The aim was 150 questionnaires to be filled by families within Birmingham city center in one day which one thought will be very achievable.

This research took 5 weeks to complete, the timeline for completing the whole research is as follows

- Week one gathering all information using academic e-books and journals
- Week two put all information gathered
- Week three writing the research and designing the questionnaire
- Week four went to Birmingham city center with friend and family to complete the questionnaire, gathering all information together and finishing the research paper and bring to completion.

Conclusion and recommendation

In conclusion Attention, deficit hyperactivity disorder ADHD, is well known to many families according to the data collected. So many children are born with ADHD some develop it during their childhood. (Bjorklund, 2010) One of the most prevalent neurodevelopmental diseases in children is ADHD. It frequently persists into maturity and is typically first diagnosed in infancy. (Nattel, 2019) Children with ADHD may struggle to focus, manage impulsive behaviors (doing without considering the consequences), or be extremely active. Genetics. In most cases, it's believed that the genes you acquire from your parents play a key role in developing the disorder because ADHD tends to run in families. According to research, those with ADHD are more likely to have parents or siblings who also have the disorder. Any child between the ages of 4 and 18 who exhibits behavioral issues, academic difficulties, and signs of inattention, hyperactivity, or impulsivity should be tested for ADHD. (Hamilton et al., 2011)

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Appendices 1

Attention deficit hyperactivity disorder (ADHD)

Questionnaire families Birmingham city

Do you have children	yes		no	
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Do you know what is attention deficit hyperactivity disorder	yes		no	
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Any of your children suffer from attention deficit hyperactivity disorder ADHD	yes		no	
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What age are the children who suffer from ADHD	1-5 yrs	6-10	11-17	18-21
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Are the symptoms clear to recognize	yes		no	
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Is it family heritage	yes		no	
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Do you get any support from families	yes		no	
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How well does the child cope in school	well		Not well	
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Do you get any support from the school	yes		no	
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Do you get any support from NHS	yes		no	
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Do you get support from friends	yes		no	
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How well do you cope with	well		Not well	
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Do the children have to take medication to help them manage	yes		no	
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From this questionnaire one will gather data from about 150 families around Birmingham city center to complete the research.