

## ADHD is...

An abbreviation for Attention-deficit hyperactivity disorder.

It is a common disorder that can impact focus, impulse control and emotional responses.

It is often diagnosed in childhood.

## What causes ADHD?

The exact cause is unknown but the condition has been shown to run in families.

Research has also identified a number of possible differences in the brains of people with ADHD compared to those without the condition.

## ADHD Assessment Fact Sheet

### What is ADHD?

ADHD is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness.

Symptoms include:

Impulsiveness, disorganisation, poor time management, problems focusing, trouble multitasking, restlessness, poor planning, low frustration tolerance, frequent mood swings, hot temper, trouble coping with stress.

### ADHD Assessments at CAMHS

If you believe you or your child portrays some of the symptoms then an ADHD Assessment may be for you.

The CAMHS team will discuss your options with you and whether an assessment is necessary. They will guide you through the process and support you with a diagnosis.

For more information click on the following links:

<https://www.adhdfoundation.org.uk/>

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>