

Attention Deficit Hyperactivity Disorder (ADHD)—A Review

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Abstract

ADHD or Attention Deficit Hyperactive Disorder is a common condition affecting about 2.2% (range: 0.1–8.1%) of children and adolescents (below 18 years) all over the world. The mean prevalence of ADHD in adults, aged 18–44 years from a range of countries in Asia, Europe, Americas and the Middle East was reported as 2.8% overall, the range being 0.6 to 7.3%.

Attention deficit hyperactivity disorder (ADHD) affects children and teenagers and can continue into adulthood. ADHD is the most typically recognized mental disorder of children. Children with ADHD can be hyperactive and not able to control their impulses. Or they will have problem paying interest and attention. Those behaviours intrude with school and domestic existence with most of the parents remaining ignorant of this condition in their children.

Adults with ADHD may have trouble coping with time, being prepared, setting dreams, and protecting down a task. They may additionally have troubles with relationships, and dependency.

Keywords: ADHD, Hyperactive, Impulsive, Inattention & Distractibility.

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I. Aim Of Review

Though this condition is common in most of the countries, in the beginning most of the parents take it for normal hyperactivity of the child and ignore it. But, some of the parents become concerned about their children and they take them to the paediatrician thinking it to be children's disease. Here too, some of the paediatricians may be ignorant of this psychological disease and just assure the parents or give some sedatives to them.

We just went through the ins and outs of this specific disease and thought to review it in context of availability of latest literatures for the benefit of the parents or even to the treating doctors. Hence this review.

II. Introduction

ADHD may be of several types.

- ADHD, combined type. This, the most common type of ADHD, is characterized by impulsive and hyperactive behaviours as well as inattention and distractibility.
- ADHD, impulsive/hyperactive type. This, the least common type of ADHD, is characterized by impulsive and hyperactive behaviours without inattention and distractibility.
- ADHD, inattentive and distractible type. This type of ADHD is characterized predominately by inattention and distractibility without hyperactivity.

Common causes of ADHD

- Brain anatomy and feature. A lower degree of activity in the parts of the brain that manage attention and activity level may be related to ADHD.
- Genes and heredity. ADHD often runs in families. An infant with ADHD has a 1 in four risk of getting a figure with ADHD. It's additionally in all likelihood that any other close family member, consisting of a sibling, will also have ADHD. Sometimes, ADHD is identified in a parent at the same time it is recognized in the child. See inheriting mental issues.
- Massive head injuries may additionally cause ADHD in a few instances.
- Prematurity increases the risk of developing ADHD.
- Prenatal exposures, which includes alcohol or nicotine from smoking, increase the risk of developing ADHD.

- In very uncommon instances, toxins within the environment may also cause ADHD. As an example, lead in the body can have an effect on child development and behaviour.

Clinical Features

1. Self-focused behaviour- A common signal of ADHD is what seems like an incapacity to recognize other people's wishes and desires. This will result in the next signs and symptoms interrupting trouble waiting their turn.
2. Interrupting - Self-focused behaviour can also motivate an infant with ADHD to interrupt others whilst they're speaking
3. Trouble waiting their flip- children with ADHD may additionally have trouble waiting their turn at some point of classroom activities or whilst gambling video games with different youngsters.
4. Emotional turmoil - A child with ADHD may additionally have trouble preserving their feelings in take a look at. They'll have outbursts of anger at beside the point times. More youthful children might also have mood tantrums.
5. Fidgeting- children with ADHD regularly can't take a seat nonetheless. They'll attempt to stand up and run round, fidget, or squirm of their chair while pressured to sit.
6. Troubles playing quietly- Fidgetiness can make it tough for youngsters with ADHD to play quietly or have interaction evenly in leisure sports.
7. Unfinished obligations- A toddler with ADHD may also display interest in masses of different matters, but they may have troubles finishing them. For example, they'll begin initiatives, chores, or homework, but move directly to the subsequent issue that catches their interest before finishing.
8. Loss of focus- A toddler with ADHD may additionally have problem paying interest — even when a person is speaking directly to them. They'll say they heard you, however they won't be capable of repeat returned what you just said.
9. Avoidance of obligations needing extended mental attempt. This equal loss of awareness can reason a toddler to avoid activities that require a sustained mental attempt, such as paying attention in elegance or doing homework.
10. Mistakes- youngsters with ADHD may additionally have problem following commands that require planning or executing a plan. This will then result in careless errors — but it doesn't suggest laziness or a lack of intelligence.
11. Having a pipe dream children with ADHD aren't constantly rambunctious and loud. Every other signal of ADHD is being quieter and less concerned than different children. A baby with ADHD may additionally stare into area, daydream, and forget about what's occurring around them.
12. Hassle getting prepared - A child with ADHD might also have hassle retaining tune of duties and activities. This will purpose issues at school, as they could find it hard to prioritize homework, faculty projects, and different assignments.
13. Forgetfulness- kids with ADHD may be forgetful in daily sports. They may forget to do chores or their homework. They may also lose things often, such as toys.

Diagnostic test for ADHD

To diagnose ADHD, doctors most often use guidelines established by the American Psychiatric Association.

The group has identified 3 types of the disorder:

1. Inattentive Type: A person must have at least 6 out of these 9 symptoms, and few symptoms of hyperactive-impulsive type:
 - Doesn't pay attention to detail or makes careless mistakes
 - Doesn't stay on task
 - Doesn't listen
 - Doesn't follow instructions or finish schoolwork or chores
 - Trouble organizing tasks or activities
 - Avoids or dislikes doing things that take effort or concentration
 - Loses things
 - Easily distracted
 - Forgetful
2. Hyperactive-Impulsive Type: A person must have at least 6 out these 9 symptoms, and few symptoms of inattentive type:
 - Fidgets or squirms a lot
 - Gets up from his seat a lot
 - Runs or climbs at inappropriate times

Has trouble playing quietly
Always “on the go” as if “driven by a motor”
Talks excessively
Blurts an answer before the question has been completed
Trouble waiting his turn
Interrupts others

3. Combined type. This is the most common type of ADHD. People with it have symptoms of each inattention and hyperactivity-impulsivity. At the side of those APA hints, docs may additionally use score scales to assist them examine and song ADHD signs. A few examples are

The Vanderbilt assessment Scale. This fifty five-question assessment tool reviews signs and symptoms of ADHD. It also looks for different conditions which includes behaviour disorder, oppositional-defiant disorder, tension, and despair. The child interest Profile (CAP). This scale is usually crammed out by using teachers and tracks not unusual ADHD signs and symptoms. Conduct evaluation gadget for kids (BASC). This check looks for such things as hyperactivity, aggression, and conduct problems. It also seems for tension, depression, attention and studying problems, and absence of positive essential capabilities. Toddler behaviour tick list/teacher record shape (CBCL). Amongst other matters, this scale looks at physical proceedings, aggressive or antisocial conduct, and withdrawal.

Brain Wave tests

The Neuropsychiatric EEG-primarily based assessment resource (NEBA) device is a test that measures brain waves. The ratio of certain mind waves tends to be higher in kids and adolescents with ADHD. The scan is authorized to be used in kids a long time 6 to 17, but is meant to be used as a part of a whole scientific and mental examination.

III. Summary

Attention-deficit/hyperactivity disorder (ADHD) is one of the most commonplace childhood-onset psychiatric disorders. It is distinguished by means of signs and symptoms of inattention, hyperactivity, and impulsivity. ADHD can be followed via gaining knowledge of disabilities, melancholy, tension, behaviour disorder, and oppositional defiant disease. The aetiology of ADHD is unknown, and the ailment might also have numerous different reasons. Investigators have studied, as an example, the relation of ADHD to accelerated lead degrees, peculiar thyroid function, morphologic mind differences, and EEG styles. With present day public attention of ADHD, paediatricians and fitness care companies are reporting increases in referral costs of kids with suspected ADHD. Numerous score scales and medical tests for assessment and analysis of ADHD are to be had, with combined expert opinion on their usefulness. Future research like comparison studies are done to assess the ability of broad-band behaviour checklists to discriminate between clinical and non-clinical samples since those studies available at this time have only presented results of the ability of these tests to discriminate between referred and no referred samples. Besides, continued work in the area of magnetic resonance imaging and PET are performed when possible, to continue to explore structural and functional differences in the brains of children diagnosed with ADHD and each of the types of ADHD.

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