WHAT IS ADHD/ADD?

Attention Deficit Hyperactivity Disorder (ADHD), and Attention Deficit Disorder (ADD) refer to a range of behaviours associated with poor attention span. These may include impulsiveness, restlessness and hyperactivity, as well as inattentiveness, and often prevent individuals from learning and socialising well. ADHD is sometimes referred to as hyperkinetic disorder.

Like all specific learning differences, ADHD/ADD affects individuals uniquely, and an individual with ADHD/ADD may display several or many of the following characteristics and to varying degrees:

- Has noticeable difficulty in finishing tasks or sustaining attention
- Seems not to listen to what is said to him or her
- Disorganised about tasks and activities
- Easily distracted
- Fails to pay close attention to detail or makes repeated careless errors in work or studies
- Forgetful in the course of daily activities
- Repeatedly fails to finish tasks, sustain attention or make deadlines
- Avoids tasks like coursework and study that require sustained mental effort
- Poor organisation, time management and planning skills
- Extreme procrastination when writing or discussing topics
- Poor social timing when talking with others

In adults the hyperactivity is more “self contained” and will often manifest as impatience and inattentiveness – particularly when under pressure situations such as during timed exams or undertaking presentations.

Adapted from Dr. Helen Likierman & Dr. Valerie Muter, “ADHD (attention deficit hyperactivity disorder)” (http://www.netdoctor.co.uk/diseases/facts/adhd.htm [accessed 20 Jan 2012]).

Useful Contacts

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