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Attentional Disorders:

So I'm NOT Lazy, Crazy or Stupid?



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Introduction

Thank you for downloading my eBook about Attentional Disorders. You might be more familiar with acronyms such as ADHD or ADD. Attention Deficit Hyperactivity Disorder, or Attention Deficit Disorder are used to describe a **neurodevelopmental disorder** that can be treated by your Psychiatrist.



In this eBook, you will get the essential information to get clear on what it means to test yourself or a loved one for Attentional Disorder. You will also learn about the most common treatment pathways, and I will clarify some of the myths and misconceptions around ADHD and ADD. This eBook is made available as educational content and is not to be seen as medical advice. To obtain a personalised diagnosis please contact my practice to book an appointment.

What would your life be like?

What would your daily life be like, if you were born with a **neurodevelopmental disorder**? What we're talking about here is a real brain malfunction, causing brain cells to send messages to each other quite normally most of the time. But sometimes, these same brain cells send only weak messages to one another. As you go about your day-to-day activities you don't realise this is happening. Nor does anyone else.



There is **ADD** as a label for Attention Deficit Disorder, and **ADHD** for Attention Deficit Disorder combined with Hyperactivity. What would your life feel like if you were always moving or fidgeting with objects? If you couldn't sit still, and you felt like you were driven by a motor? It might irritate others, you may have had lots of conversations about this *behaviour* but then again...you can't stop it.

What would your life be like if your mind was so busy you can't sleep and you always feel tired and hyperactive at the same time? 'I want to sleep but my brain won't stop talking to itself', is what patients sometimes tell me. The good news is that you are not alone. It may have taken some courage to inspect these aspects of your life, and it may take even more courage to look up a Psychiatrist to talk to about it. But the good news is that there are treatments for Attentional Disorders and they help most patients feel significantly different almost instantly.

ADHD Fast Facts

Worldwide, around 7% of kids suffer from ADHD. 60% of them still have it as adults. So if you have been told that you may have Attention Deficit Disorder (ADD) or an Attentional Disorder, then it would be worthwhile looking into what a Psychiatrist can do to help you.



It's estimated that about 3.8% of the population have untreated AD(H)D and this may cause a lot of problems and emotional pain. As I suggested in the title of this eBook, it may have caused you to start thinking about yourself in a rather judgemental way.

If you have ever wondered if there was a connection between certain aspects of your life...the key might be an undiagnosed Attentional Disorder. Our experience shows that adults with untreated ADD or ADHD show a greater risk of anxiety and depression.

People may have tried various types of treatments for what appears to be other conditions such as anxiety or depression which have not worked. If you recognise that pattern, it would be worth booking an appointment so we can organise a clinical assessment to give you clarity.

Is It Possible I Have It But Wasn't Diagnosed?

Many patients who experience psychiatric problems such as anxiety, depression, addiction, or relationship challenges, are **treated only for those conditions** and not for the underlying cause, which might be their unrecognised ADD.

You may never even have considered whether you had ADD or ADHD. Perhaps you have never thought about seeing a Psychiatrist. Here at our practice we start with a clinical assessment, looking at your history and other conditions or complications that may need treatment.



You may have heard the popular term 'ADHD Test', and it is important to explain that what really happens is an in-depth clinical assessment by a qualified and experienced Psychiatrist.

We consider your history and look for corroboration to understand how you were as a child.

How Is AD(H)D Treated?

The treatment of Attentional Disorders follows the BPSL Model: the Biopsychosocial and Lifestyle Model. This considers health in the fullest context. You might talk of this as holistic.



It is also about how your relationships work out, how self-aware you are, how your life has been going so far. Your Psychiatrist uses the model to then decide which aspects of your life are important to the process of improving your health.

Nevertheless it is important to understand that in Attention Deficit Disorder the brain is not working properly. So even if we work on strategies or use psychological intervention or training...it can all be wasted if we don't look at the root of the problem. This is where ADD targeted medication comes in.

Quite often, the immediate response to medication is excellent. People then discover that they can implement the strategies they have always known would be helpful. In other situations, we also implement coaching to optimise response to treatment.

Any treatment plan is fully personalised, depending on the impact your attentional disorder has had on your life. The medication creates clarity, and Cognitive Behaviour Therapy can help manage the associated conditions such as anxiety or depression.

About ADD and ADHD Medication

The medication used to treat Attention Deficit Disorders (or Attentional Disorders), are known to have a rapid onset action. The medication helps support the diagnosis: if you respond well, then that helps confirm that you have the disorder.

Many patients want to know what the medication will do. The drugs will affect release of your natural dopamine, and create an environment that is rich in nutrients, ideal for the brain to perform normally.

There are 2 main categories of ADD or ADHD medication: **stimulants** and **non-stimulants**.

Both types help your body release its own dopamine into the synaptic cleft, or the space between the neurones in your brain.

With treatment, patients report that they feel relaxed and

have more energy. They are no longer forgetful, and feel emotionally more stable and are able to focus.



About AD(H)D In Adults

You may wonder how it is possible to be 25,35, 45 or older...then be told that you may have an Attention Deficit Disorder. For many people, the suggestion is confusing. There are different 'groups' of adults who have AD(H)D:

You may have been diagnosed with the condition as a child, or it was missed when you were young, and it's only recognised now, in your adult life or it arises for the first time in adulthood, although this is a controversial topic.



It used to be thought of as a rare condition. We now know that Attention Deficit Disorders affect about 7 percent of children. Two in three child sufferers will continue with the condition as adults. So, if you do the maths, it means that for every group of 100 people, 5 of them have ADD.

You may think that you have grown out of it because your childhood hyperactivity has settled. Or you may not have been hyperactive as a child but the Attentional Disorder alone can be equally impairing.

Conclusion

If you believe you may have undiagnosed ADD or ADHD, or you have someone in your family you believe would benefit from a clinical assessment, don't hesitate to contact my practice and book an appointment.

Psychiatrists are just doctors that specialise in the mind and the brain. In our busy lives, all we want is for our brain to function properly, so we can maintain healthy relationships, function well in a professional environment, and feel balanced and focused when we choose to perform our day-to-day activities. Psychiatrists can help you with this.

So don't hesitate to contact the practice if you have any questions and I look forward to seeing you.

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