

# Editorial note for Attention Deficit Hyperactivity Disorder (ADHD)

Sarilla Gowthami\*

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### Editorial Note

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that is usually diagnosed in childhood and often lasts into adulthood. People with ADHD have trouble concentrating on one specific task or sitting still for long periods of time. It is normal for children to have trouble focusing or behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue, can be severe, and can cause difficulty at school, at home, or with friends. A child with ADHD might: daydream a lot, forget or lose things a lot, squirm or fidget, talk too much, make careless mistakes or take unnecessary risks, have a hard time resisting temptation, have difficulty getting along with others. There are 3 different types of ADHD namely Predominantly Inattentive Presentation: It is hard for the individual to organize or finish a task, to pay attention to details, or to follow instructions or conversations. Predominantly Hyperactive-Impulsive Presentation: The person fidgets and talks a lot. It is hard to sit still for long (e.g., for a meal or while doing homework) and Combined Presentation: Symptoms of the above two types are equally present in the person.

The exact cause of ADHD is unknown but scientists are trying to uncover ways to manage and reduce the chances of a person having ADHD. But according to the current research study genetics play a crucial role, in addition to genetics Scientists are studying other possible causes and risk factors for ADHD which include Brain injury, Exposure to environmental (e.g., lead) during pregnancy or at a young age, Alcohol and tobacco use during pregnancy, Premature delivery and Low birth weight.

The Research doesn't support the view that people develop ADHD because of watching too much of TV, eating sugary items, parenting, social or environmental factors such as poverty or family chaos. These can make symptoms worse especially in certain people. But the evidence is not strong enough to conclude that they are the main causes of ADHD. Deciding if a child has ADHD is a process with several steps. There is no single test to diagnose ADHD, and many other problems, like anxiety, depression, sleep problems, and certain types of learning disabilities, can have similar symptoms. One step of the process involves having a medical exam, including hearing and vision tests, to rule out other problems with symptoms like ADHD. Diagnosing ADHD usually includes a checklist for rating ADHD symptoms and taking a history of the child from parents, teachers, and sometimes, the child.

In most cases, ADHD is best treated with a combination of behavior therapy and medication. For preschool-aged children (4-5 years of age) with ADHD, behavior therapy, particularly training for parents, is recommended as the first line of treatment before medication is tried. What works best can depend on the child and family. Good treatment plans will include close monitoring, follow-ups, and making changes, if needed, along the way.

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**Correspondence:** Sarilla Gowthami, Department of Biochemistry, Osmania University, India; E-mail: gouthamianand285@gmail.com

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